Consultation (sōdangoto ha)

- **Izumo City Hall (Izumo shiyakusho)**

- **Izumo City Hall: Kodomo Seisaku-ka** Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka
  Consultation issues: Enrollment in nursery school (hoikusho) or kindergarten (yōchien)

- **Izumo City Hall: Hoiku Yōchien-ka** Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka
  Consultation issues: Concerns about pregnancy or the health of your infant (development, childcare, feeding your infant, dental health, etc.).

- **Izumo City Hall: Kenkō Zōshin-ka** Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka
  Telephone: Please turn to the page entitled Inquiries List (toiawase ichiran) for the list of contact numbers.
  Consultation hours: Monday – Friday 8:30–17:15

- **Izumo City Mother and Child Comprehensive Support Center Kizuna (Boshi kenkō hokatsu shien sentā)**
  (Izumo City Hall kenkō zōshin-ka, Boshi hoken-kakari)
  Consultation issues: Concerns about pregnancy, childbirth, childcare. There is a separate consultation room.
  Tel. 0853-21-6818
  Consultation hours: Monday – Friday 8:30–17:15 (excluding national holidays and New Year’s holidays)

- **Kodomo-katei Sōdan-shitsu**
  Consultation contents: Developmental issues, child abuse
  Tel. 0853-21-6604
  Counseling time: Mondays-Fridays, 8:30 a.m.–5:15 p.m. (National holidays excluded)

- **Izumo Child Consultation Center (Izumo jidō sōdansho)**
  Professional consultants offer women’s consultation and consultation regarding children, such as development and growth, personality and discipline, parenting, and child abuse.
  Tel. 21-0007 (children’s consultation) 21-8789 (women’s consultation)
  Consultation hours: Monday – Friday 8:30–17:15 (women’s consultation until 17:00, not including national holidays and New Year’s holidays)
  Location: Oyama-chō 70

- **Nationwide Child Consultation Hotline (Jidōsōdansho zenkoku kyōtsū daiyaru)**
  If you suspect child abuse, call immediately.
  Telephone: 189 (ichi-haya-ku)

- **Izumo Health Center (Izumo hokensho)**
  Consultation issues: Family health, health promotion, medical benefit systems.
  Tel. 21-1190 (switchboard)
Consultation hours: Monday – Friday 8:30–17:00  
Location: Enya-cho 223-1

- **Izumo Children & Young People Support Center** (Izumo-shi kodomo・wakamono shien sentā)  
  Consultation issues: Children and youth issues, e.g. social withdrawal, refusal to attend school etc.  
  Tel. 0120-84-7867  21-4444  
  Consultation hours: Monday – Friday 8:30–17:00(except national holidays and New Year’s holiday)  
  Location: Imaichi-chō Kitahon-machi 1-7 (at Izumo Children's Home)

- **Children and Household Phone Consultation Room** (kodomo to katei denwa sōdanshitsu)  
  Consultation issues: The personal worries of both children and parents, such as studies, friends, school, parenting, discipline, and misconduct.  
  Tel. 0120-258-641  
  Consultation hours: Every day (excluding national holidays and New Year’s holidays) 9:00–21:30  
  Organizer: Shimane prefecture

- **Women’s Consultation Dial** (josei sōdan daiyaru)  
  A female counselor offers consultation on worries related to violence from a spouse/partner, family trouble and work and community relationships.  
  - Shimane Prefecture Women’s Consultation Center (Shimane-ken josei sōdan sentā)  
    Tel. 0852-25-8071  
    Consultation hours: Every day (excluding national holidays and New Year’s holidays) 8:30–17:00  
    Address: Matsue-shi, Kitatama-cho 48-1  
  - Asuterasu Women’s Consultation Room (Asuterasu josei sōdan-shitsu)  
    Tel. 0854-84-5661  
    Consultation hours: Mon. to Fri. (excluding national holidays and New Year’s holidays) 8:30 – 17:00  
    Address: Ōdashi, Ōdacho 236-4

- **Izumo Child Consultation Center** (Izumo jidō sōdansho)  
  Tel. 0853-21-8789（Women's Consultation）  
  Consultation hours: Mon. to Fri. (excluding national holidays and New Year’s holidays) 8:30 – 17:00  
  Location: Oyama-chō 70

- **Izumo Shimin Katsudo Shien-ka** (Izumo-shi Shimin Katsudo Shien-ka)  
  Tel. 22-2085（Women's Consultation）  
  Consultation hours: Mon. to Fri. (excluding national holidays and New Year’s holidays) 8:30 – 17:00  
  Location: Imaichi-chō 70 (Izumo City Hall 4th floor)

- **Childcare & Women’s Health Support Center Shimane** (josanshi daiyaru)  
  A midwife offers consultation on childcare and women’s concerns.  
  Tel. 090-7135-4637 (every month 1st – 15th)  090-7136-4609 (every month 16th – 31st)  
  Consultation hours: All year round,  8：00～23：00  
  Organizer: Shimane Midwives’ Association (Shimane-ken josanshi-kai)
Sterility Issues Consultation Center (funin senmon sōdan sentā)
Telephone or face-to-face consultation on e.g. sterility examination methods and treatments for couples with sterility issues.
Tel. 21-3584
Consultation hours: Monday – Friday (excluding national holidays and New Year’s holidays) 15:00–17:00
Organizer: Shimane prefecture

Shimane Life Telephone (shimane inochi no denwa)
Consultation issues: Various concerns and issues regarding life, depression.
Tel. 0852-26-7575
Consultation hours: All year round, Monday – Friday 9:00–22:00  Saturday 9:00 – Sunday 22:00
Organizer: Social Welfare Corporation  Shimane Life Telephone

Heart Dial (kokoro no daiyaru)
Consultation issues: Mental health.
Tel. 0852-21-2885
Consultation hours: Monday – Friday 8:30–17:15 (excluding national holidays, New Year’s holidays)
Location: Shimane Prefectural Kokoro to Karada no Sōdan Center

Consultation issues: Daily life and children. If necessary, help is offered in contacting a related facility and setting up welfare services. Please inquire about applicable districts.

Inquiries: Izumo City Hall: Fukushi Suishin-ka  Hirata • Sada • Taki • Koryo • Taisha • Hikawa Administrative Center: Shimin Sābisu-ka

Parenting Support Centers (kosodate shien sentā)
Consultation:
A certified clinical psychologist offers consultation regarding worries about parenting, (reservation required)
For consultation with a childcare consultant, please inquire at the Izumo Childcare Support Center (21-5772) or Hirata Childcare Support Center (63-3990).

Children’s Rights #110 (kodomo no jinken 110 ban)
Consultation issues: Questions regarding children’s rights.
Tel. 0120-007-110 or 0852-26-7867
Consultation hours: Monday – Friday 8:30–17:15 (except for national holidays and New Year’s holidays)
Organizer: Matsue District Legal Affairs Bureau (Matsue chihō hōmu kyoku)

Bullying Consultation Telephone (ijime sōdan terefon)
Consultation issues: Educational worries resulting primarily from bullying.
Tel : 0120-0-78310 （24 hours Children's SOS Dial）
0120-779-110 （Bullying Consultation Telephone）
Consultation hours: Monday – Friday 9:00–19:00  Saturday, Sunday, national holidays 10:00–17:00 (excluding New Year’s holidays).

Organizer: Shimane Prefecture Board of Education (Shimane-ken kyōiku iinkai)

■ Purarinetto

Safe space for adolescents and youths who have trouble with social interaction and are prone to social withdrawal.
TelephoneNumber: 25-2189
Consultation hours: Monday – Friday 9:15–16:45
Location: Imaichi-cho 1213 (within the Izumo-shi Health Center (hoken sentā))