

○ Consultation (sōdangoto ha)

■ Izumo City Hall (Izumo shiyakusho)

Consultation issues: **Procedures for Child Allowance (jidō teate) and Child Support Aid (jido fuyō teate), Child Abuse, Raising a Child as a Single Parent, Infant Development, Children's Clubs.**

Inquiries 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)**

Inquiries 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.).**

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

■ Izumo City Mother and Child Comprehensive Support Center Kizuna

(Boshi kenkō hokatsu shien sentā)

Consultation issues: **Concerns about pregnancy, childbirth, childcare. There is a separate consultation room.**

Inquiries Izumo City Hall **Kenkō Zōshin-ka, Boshi hoken-kakari** Tel. 0853-21-6818
Consultation hours: Monday to Friday, 8:30–17:15 (excluding national holidays and New Year's holidays)

■ Kodomo-katei Sodan-shitsu

Consultation issues: Developmental issues, child abuse

Inquiries Tel. 0853-21-6604
Consultation hours: Monday to Friday, 8:30–17:15 (excluding national holidays)

■ 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.**

Inquiries Tel. 21-0007 (children's consultation) 21-8789 (women's consultation)
Consultation hours: Monday to Friday, 8:30–17:15
women's consultation until 17:00, excluding 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.

Inquiries Telephone: 189 (ichi-haya-ku)

■ Izumo Health Center (Izumo hokensho)

Consultation issues: **Family health, health promotion, medical benefit systems.**

Inquiries Tel. 21-1190 (switchboard)
Consultation hours: Monday to 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, social withdrawal, refusal to attend school etc.**

Inquiries Tel. 0120-84-7867 21-4444

Consultation hours: Monday to Friday, 8:30–17:00 (excluding national holidays and New Year’s holidays)

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: **Personal worries of both children and parents, such as studies, friends, school, parenting, discipline, and misconduct.**

Inquiries Tel. 0120-258-641

Consultation hours: Daily, 9:00–21:30 (excluding national holidays and New Year’s holidays)

Organizer: Shimane Prefecture

■ Women’s Consultation Dial (josei sōdan daiyaru)

Consultation issues: 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)

Inquiries Tel. 0852-25-8071

Consultation hours: Daily, 8:30–17:00

(excluding national holidays, New Year’s holidays, and 12:00-13:00 on Saturdays and Sundays)

Address: Matsue-shi, Kitatamachi 48-1

● Shimane Women’s Consultation Center Western Annex – Asuterasu Women’s Consultation Room

(Shimane josei sōdan sentā nishi-bu bunshitsu, Asuterasu josei sōdan-shitsu)

Inquiries Tel. 0854-84-5661

Consultation hours: Monday to Friday, 8:30 – 17:00 (excluding national holidays and New Year’s holidays)

Address: Ōda-shi, Ōda-chō, Ōda-i 236-4

● Izumo Child Consultation Center (Izumo jidō sōdansho)

Inquiries Tel. 0853-21—8789 (Women’s Consultation)

Consultation hours: Monday to Friday, 8:30 – 17:00 (excluding national holidays and New Year’s holidays)

Location: Oyama-chō 70

● Izumo Citizen Activities Support Division (Izumo-shi Shimin Katsudo Shien-ka)

Tel. 22-2085 (Women’s Consultation)

Consultation hours: Monday to Friday, 8:30 – 17:00 (excluding national holidays and New Year’s holidays)

Location: Imaichi-chō 70 (Izumo City Hall 4th floor)

■ Childcare & Women’s Health Support Center Shimane (josanshi daiyaru)

Consultation issues: A midwife offers consultation on **childcare and women’s concerns.**

Inquiries Tel. 090-7135-4637 (1st – 15th of the month)

090-7136-4609 (16th – 31st of the month)

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)

Consultation issues: Telephone or in-person consultation on **sterility examination and treatments** for couples with sterility issues.

Inquiries Tel. 21-3584

Consultation hours: Monday to Friday, 15:00–17:00 (excluding national holidays and New Year's holidays)

Organizer: Shimane Prefecture

■ Shimane Life Telephone (shimane inochi no denwa)

Consultation issues: **Various concerns and issues regarding life, depression.**

Inquiries Tel. 0852-26-7575

Consultation hours: All year round, Monday to 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.**

Inquiries Tel. 0852-21-2885

Consultation hours: Monday to Friday, 9:00–17:00 (excluding national holidays, New Year's holidays)

Location: Shimane Prefectural Kokoro to Karada no Sōdan Center

■ Commissioned Welfare Volunteer & Commissioned Child Welfare Volunteer,

Chief Child Welfare Volunteer (minsei'in & jidō'in, shuminjidō'in)

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)

Child and Family Consultation:

A certified clinical psychologist offers consultation regarding **worries about parenting** (reservation required).

Inquiries 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.**

Inquiries Tel. 0120-007-110 or 0852-26-7867

Consultation hours: Monday to Friday, 8:30–17:15 (excluding national holidays and New Year's holidays)

Organizer: Matsue District Legal Affairs Bureau (Matsue chihō hōmukyoku)

■ Bullying Consultation Telephone (ijime sōdan terefon)

Consultation issues: **Educational worries resulting primarily from bullying.**

Inquiries Tel: 0120-0-78310 (24 hours Children's SOS Dial)

0120-779-110 (Bullying Consultation Telephone)

Consultation hours: Monday to Friday, 9:00–19:00

Saturday, Sunday, national holidays 10:00–17:00 (excluding New Year's holidays).

Organizer: Shimane Prefectural Board of Education (Shimane-ken kyōiku i'inkai)

■ Purarinetto

Safe space for adolescents and youths who have trouble with social interaction and are prone to social withdrawal.

Inquiries

Tel. 25-2189

Consultation hours: Monday to Friday, 9:15–16:45

Location: Imaichi-chō 1213 (within the Izumo Public Health Center (hoken sentā))