

# TELL FUNDRAISING

TELL's work is made possible by the support of donors, sponsors, and volunteers. Here are ways you can support TELL:

## DONATE

- TELL relies on the generosity of the community to support our efforts. Your support and donations make a real difference in people's lives. TELL is a certified non-profit organization and donations are tax-deductible. Donate via our website, or join our Micro-Donations Project at [www.donatetotell.com](http://www.donatetotell.com).

## SPONSOR

- Join our corporate sponsorship program at the level that is right for you to make your support official, and to access the many benefits included in the program. Or, become the official sponsor of a specific program or event. Sponsorship is vital to help keep our key services running and to improve the lives of the English-speaking community all across Japan.

## VOLUNTEER

- TELL needs volunteers to offer their time and talents to help with the Lifeline, Outreach activities, special projects and fundraising events. Contact us at [volunteer@telljp.com](mailto:volunteer@telljp.com) to register your interest.

## RAISE AWARENESS

- Like us on Facebook and Twitter, help us shatter the stigma surrounding mental health.

Visit TELL online: [www.telljp.com](http://www.telljp.com)

[Facebook.com/TELLJapan](https://www.facebook.com/TELLJapan)

Twitter: [@TELLJapan](https://twitter.com/TELLJapan)

[#talktoTELL](https://twitter.com/TELLJapan)

### TELL Lifeline

03-5774-0992

9:00am-11:00pm/daily

### TELL Chat

[telljp.com](http://telljp.com)

Check our website for times

### TELL Counseling

03-4550-1146 English

03-4550-1147 Japanese

(Monday - Saturday, 9:00am - 5:00pm)

### TELL Business Office

TEL: 03-4550-1191

FAX: 03-3797-3665

(Monday - Friday, 10:00am - 6:00pm)

[www.telljp.com](http://www.telljp.com)



# TELL LIFELINE

A free, anonymous and confidential English-language telephone and chat service offered throughout Japan, every day of the year.

- TELL Lifeline & TELL Chat provide a safe, confidential space to discuss any issue.
- TELL's Lifeline Services are staffed by highly trained volunteers who are committed to providing emotional support, resources, and connections in times of personal crisis.
- TELL's Lifeline training runs twice a year, and is open to English speakers anywhere in Japan. In Tokyo the training is offered in both in-person and online formats. Outside Tokyo, training is offered online only.
- Volunteering with the Lifeline is a great opportunity for both personal and professional development and provides meaningful support to the community.
- TELL Lifeline receives around 7000 calls a year from all over Japan.
- Approximately 55% of calls are from Japanese speakers of English and 45% from foreign nationals.

**Need to talk? We're here to listen.**

TELL Lifeline: **03-5774-0992**  
9:00 a.m. ~ 11:00 p.m., 365 days a year.

TELL Chat: **telljp.com**  
Check our website for times

# TELL COUNSELING

Provides confidential, face-to-face counseling to adults, couples, families, children and adolescents.

- Access face-to-face counseling in Tokyo, Yokohama and Okinawa with licensed therapists. Unable to make it to our clinic? Video based distance counseling is available for adults on request.
- TELL Psychological Testing and Assessment Team provides comprehensive psychological assessment for children and adults in Japanese and English.
- Specialized treatment options for eating disorders and alcohol/substance abuse issues.
- Bilingual Employee Assistance Program services.
- Counseling services covered through HTH, GeoBlue, International SOS / TRICARE, and Cigna.
- All services are provided on a sliding scale fee basis; please inquire for more information.

**Make an appointment today!**

**Visit:** [www.telljp.com/counseling](http://www.telljp.com/counseling)  
**Call:** **03-4550-1146 English**  
**03-4550-1147 Japanese**

TELL Counseling Reception Hours:  
Monday-Friday, 11:00am-4:00pm

Counseling Hours by appointment:  
Monday-Saturday, 9:00am-8:00pm

# TELL OUTREACH

Strives to drive innovation in services and awareness through programs to empower individuals and families.

- Child Advocacy Program offers workshops & resources to assist in navigating the Japanese child protection system.
- Exceptional Parenting Program offers workshops, resources, supports and networking opportunities for parents/educators of children with diverse needs.
- Lifeline School Awareness Programs for middle and high school students.
- Workshops for educators and parents on topics such as stress, LGBTQIA, cyber-bullying and suicide prevention.
- On-site corporate presentations and workshops available for managers and employees on a variety of topics, such as stress management, work-life balance and managing diversity in the workplace.
- Psychological First Aid (PFA) and Mental Health First Aid (MHFA) training for schools, embassies, businesses, and organizations.
- TELL Eating Disorders Program provides workshops and trainings for schools professionals, and the community.
- TELL Movies is a series of films & discussions that promote professional and community education on mental health issues.

**Interested in what we can do for you?**

Ask for more information at [outreach@telljp.com](mailto:outreach@telljp.com)