

Nanzan University

Health Center



International students are eligible to use those three services. Please come to General Reception of Health Center, located in Infirmary Office first (the 1st floor in Building D). All the services are offered basically in Japanese. When you make the first visit to General Reception, please come with someone who could translate for you. If you request counseling service in English, there will be some accommodations available.

“Is it OK to talk anything? Do I have any specific troubles to meet a counselor?”

Anything! Please do not feel you have to have certain kinds of problems. The important thing is that you are under the stress, which disrupts your life and study in Japan. For examples, health issues including mental and physical health; living situations (with host families, in dormitories, or alone), academic issues, such as difficulty understanding, any relationship issues with friends, classmates, teachers, or families, going back to your home country, and psychological issues such as anxiety, depression, and fatigue.

You can talk about any concerns you may have, and we may refer to other professionals to meet your needs.

Infirmary Office
Student Counseling Office
Student Support for Special Needs Office

Address: 18 Yamasato-cho, Showa-ku,
Nagoya, 466-8673
Phone: 052-832-3437
E-mail: hoken-c@nanzan-u.ac.jp
Health Center Web-page:
<https://office.nanzan-u.ac.jp/student-services/health/>

Welcome to Health Center at Nanzan University!

Nanzan University holds the motto of “Human Dignity” and cares for the community health. Health Center serves the campus community to promote and support all the students’ health on campus, including international students. There are three main divisions in Health Center: Infirmary Office, Student Counseling Office, and Student Support for Special Needs Office.

When and How to Use the Services

Infirmary Office (Olive)

Infirmary Office supports students’ healthy life on campus with emergency treatments and consultations as well as regular health check-up. The school doctors and school nurses will consult with you if you have any health concerns. If necessary, they can refer you to clinics and doctors outside on campus, too.

Location: Building D (F1)
Time and Date: Weekdays
9:00 AM – 5:00 PM

Infirmary Office includes the general reception of Health Center. The office offers the health check-up, health exams, health consultations, emergency treatments. There are books and brochures for health promotion and prevention. If you want to measure your height, weight, body fat, or blood pressure, you are welcome to use those scales.

Student Counseling Office (Emmaus)

Student Counseling Office supports students’ mental life on campus. Especially any international students from different cultural backgrounds will encounter minor or major cultural differences, which could become stressful. Living and studying in Japan is exciting and can enrich your experiences. At the same time, it could be challenging because your expectations and assumptions in your home countries do not apply all the time.

Often you may want to avoid to face the troubles and difficulties as real, but they could offer a great opportunity to overcome and grow. It is important that you have someone or some places you can feel comfortable to talk about your concerns and troubles.

There are psychiatrists and counselors who offers mental support on the regular base.

Location: Building D (F2)
Time and Dates: Weekdays
10:00 AM – 5:00 PM

Student counseling on campus is confidential, and free as long as you are a student at Nanzan University.

How to make reservation

The counseling service is in advance reservation only. Please contact to Infirmary Office first and make a reservation (from 9:00 AM to 5:00 PM). You can come to the office directly or call to the office (052-832-3437).

One session will be generally 50 minutes long. We accommodate with your class schedule and arrange a psychiatrist or a counselor who would meet your need.

For the initial meeting, please stop by at Health Center. The staff will escort you to the room. Before your initial counseling, you will be asked to fill out the Student Counseling Application form.

Student Support for Special Needs Office (Bethany)

Student Support for Special Needs Office provides academic and mental supports for those students who need special supports. According to the Act for Eliminating Discrimination against Persons with Disabilities (by Ministry of Health, Labour and Welfare), Nanzan University offers the supports for those students with special needs. The office offers the specialized supports meeting with the students’ needs. For more details, please see the brochure of Student Support for Special Needs Office.

Location: Building D (F2)
Time and Dates: Weekdays
9:30 AM – 4:30 PM