



U.S. DEPARTMENT OF STATE
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Resources for Victims of Domestic Violence

In Japan, if your immediate safety is at risk, dial “110” or contact your local police department.
In non-emergency situations, call the Tokyo English-speaking Police Line at 03-3501-0110.

Resources in Japan (in English)

- **The Americans Overseas Domestic Violence Crisis Center, 866-USWOMEN**
(<http://www.866uswomen.org/>) - This Crisis Center can be reached internationally toll-free from 175 countries. To contact the toll-free crisis line from overseas, first dial your AT&T USADirect access number and at the prompt, enter our phone number: 866-USWOMEN (879-6636). The Crisis Center serves abused Americans, mostly women and children, in both civilian and military populations overseas.
- **TELL (Tokyo English Life Line) – Tokyo** (<http://www.telljp.com/>) - TEL: 03-5774-0992. From 9am-11pm daily. Free anonymous telephone counseling. Also, the TELL Counseling Center offers professional face-to-face counseling on a flexible-fee basis.
- **Japan Helpline** (<http://www.jhelp.com/en/jhlp.html>) – TEL: 01-2046-1997 (Toll-free) or 05-7000-0911. A 24 hours a day, 7 days a week volunteer counseling service to assist people in trouble through its own resources or by referral to other sources of help with any problem or crisis.
- **Foreign Residents’ Advisory Center**
(<http://www.metro.tokyo.jp/ENGLISH/RESIDENT/LIVINGIN/cont7-01.htm>) – TEL: 03-5320-7744
English services available from 9:30am to 12pm and 1:00pm to 5:00pm weekdays. Citizens' Consultation Section, Public Relations and Public Hearings Division, Bureau of Citizens and Cultural Affairs, Foreign Residents' Advisory Center, No.1 Building (3rd floor), Tokyo Metropolitan Government, 2-8-1 Nishi-Shinjuku, Shinjuku-ku, Tokyo. General counseling service on marital, family and other personal issues. Consultation is completely free and confidentiality is strictly observed.
- **International Medical Information Center (AMDA) –**
(http://amda-amic.com/lng_eng/modules/activity/index.php?content_id=2) - TEL: 03-5285-8088 (Tokyo) and 06-4395-0555 (Kansai). Services are available in English, Spanish, Chinese, Korean and Thai via telephone from 9am to 5pm weekdays. Medical information, interpreter assistance, referrals, and information about the Japanese health care system.
- **Tokyo Metropolitan Health and Medical Information Center Foreign Language Assistance**
(http://www.tokyo-icc.jp/guide_eng/info/08.html) –TEL: 03-5285-8181. Services available from 9am-8pm, weekdays. Information about medical facilities and the Japanese health insurance system. **Emergency Translation Services** - TEL: 03-5285-8185. Interpretation services for hospitalized foreign patients are available in English, Spanish, Chinese, Korean and Thai from 5pm-8pm weekdays and from 9am-8pm on weekends and holidays.

- **H.E.L.P. (House in Emergency of Love and Peace) - Tokyo**
(<http://www18.ocn.ne.jp/~kyofukai/04fahelp.htm>) - TEL: 03-3368-8855, Japanese, Thai, and English languages spoken. Hyakunin-cho 2-23-5, Shinjuku-ku, Tokyo. A 24-hour Christian-based organization offering refuge, counseling, and legal services to women in need.
- **“Saalaa” House for Women – Kanagawa Prefecture**
(<http://www.wiserearth.org/organization/view/139f482612a7739116f89a42df4864ac>) - TEL: 045-901-3527. A shelter for Japanese and foreign women. Offers services in English, Japanese, Spanish, Thai and Tagalog.

Legal Resources in Japan (in English)

- **Tokyo Bar Association** (<http://www.horitsu-sodan.jp/english/>) - TEL: 03-5367-5280 (reservation line, 9:30am-4:30pm weekdays, Japanese only). Legal counseling in Japanese (with an English interpreter) is available from 1pm-4pm on Mondays, Tuesdays, Wednesdays and Fridays. A fee of JPY 5,000 (plus consumption tax) will be charged for up to 30 minutes of consultation. After 30 minutes, the fee is an additional JPY 2,500 (plus consumption tax) for each 15 minute block of time. Free counseling (with an English interpreter) is available on Thursdays for those with no or low income. Bring all documents to explain your case.
- **Japan Legal Support Center** (<http://www.houterasu.or.jp/en/index.html>) - TEL: 0570-078374. A nationwide legal support center that helps callers locate professional legal support. The Call Center is available 9am-9pm weekdays and 9am-5pm on Saturdays.

Resources in Japan (in Japanese)

- **Tokyo Crime Victim Hotline** (by Tokyo Metropolitan Police Department) - TEL: 03-3597-7830. Services available from 8:30am to 5:15pm weekdays.
- **Women’s Human Rights Hotline** (by Ministry of Justice Legal Affairs Bureaus)
(<http://www.moj.go.jp/JINKEN/jinken108.html>) - TEL: 0570-070-810. Services available from 8:30am to 5:15pm weekdays. This service offers support and advice to women who are victims of bullying, sexual harassment at work, domestic violence or psychological abuse.
- **H.E.L.P. (House in Emergency of Love and Peace) - Tokyo**
(<http://www18.ocn.ne.jp/~kyofukai/04fahelp.htm>) - TEL: 03-3368-8855, Japanese, Thai, and English languages spoken. Hyakunin-cho 2-23-5, Shinjuku-ku, Tokyo. A Christian-based organization offering refuge, counseling, and legal services to Asian women.
- **“Saalaa” House for Women – Kanagawa Prefecture**
(<http://www.wiserearth.org/organization/view/139f482612a7739116f89a42df4864ac>) - TEL: 045-901-3527. A shelter for Japanese and foreign women. Offers services in Japanese, English, Spanish, Thai and Tagalog.
- **Domestic Violence Counseling and Support Center** (<http://www.gender.go.jp/dv/center.pdf>) – Each prefectural police department has a Domestic Violence Counseling and Support Center (DV Center). Japanese speaking staff only.

Resources in the United States

In the United States, many organizations exist to assist victims of domestic violence (DV). These organizations help address issues such as family, shelter, counseling, legal counseling and attorney referrals, legal assistance activities, relief assistance to the poor and needy applicants, and child support.

- **National Domestic Violence Hotline: 1-800-799-SAFE (7233)** (<http://www.thehotline.org/>) - Anonymous and confidential help 24 hours a day, 7 days a week. Assistance is available in English and Spanish, with access to more than 170 languages through interpreter services. Hotline advocates are available for victims and anyone calling on their behalf to provide crisis intervention, safety planning, information about domestic violence, and referrals to agencies in all 50 states, Puerto Rico and the U.S. Virgin Islands. You can find help in your area from the National Domestic Violence Hotline here: <http://www.thehotline.org/get-help/help-in-your-area/>

U.S. Department of Justice

- **U.S. Department of Justice Office for Victims of Crime** (<http://ovc.ncjrs.gov/findvictimservices/>) - The Online Directory of Crime Victim Services is a resource for victims of DV to find domestic violence shelters, toll free numbers, and brief descriptions of the types of services provided throughout the U.S. and its territories.
- **U.S. Department of Justice Office on Violence against Women** (<http://www.ovw.usdoj.gov/>) - Extensive information on domestic violence and sources of help, including a description of domestic violence (<http://www.ovw.usdoj.gov/domviolence.htm>), and DV assistance programs listed by county for each state in the U.S. (<http://www.ovw.usdoj.gov/statedomestic.htm>).

Japanese Language Organizations

- **The Asian/Pacific Islander Domestic Violence Resource Project – Washington DC Metropolitan Area** (<http://www.dvrp.org>) - Free, “linguistically responsive” services to DV victims. To view a pamphlet in Japanese, click on <http://www.dvrp.org/images/stories/JAPANESE.pdf>.
- **The Asia Task Force Against Domestic Violence – Boston** (<http://www.atask.org/site/>) - TEL: 617-338-2355. A 24-hour helpline available with Japanese-speaking operators.
- **The Asian Women’s Shelter – San Francisco** (<http://www.sfaws.org/>) - TEL: 1-877-751-0880. Trained crisis line workers available 24 hours a day.
- **New York Asian Women’s Center** (<http://www.nyawc.org/>) - TEL: 1-888-888-7702. A 24-hour hotline with operators who can speak Japanese.

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