

Miyagi Disaster Mental Health Care Center activities are carried out supported by the following six projects.

Each bulletin mainly reports on one of the following projects.



#### Resident support

##### **Consultation and support aimed at preventing mental illness and improving mental health in victims of disasters**

Consultation and support activities for victims (interview consultation, telephone consultation)  
Planning and managing events for residents of affected areas

#### Support for supporters

##### **Support maintaining supporters' own health and mental health activities, for government personnel and temps**

Sending professionals to municipal governments  
Consultation, supervision, and participation in case meetings  
Establishing mental health services for supporters  
Support with clerical work

#### Raising public awareness

##### **Public awareness and information about mental health**

Workshops and lectures for ordinary residents  
Salon activities for residents of affected areas  
Making and distributing pamphlets for public awareness  
Distributing information through PR brochures, website, etc.

#### Human resource development

##### **Spreading information and training for mental health professionals and supporters**

Training related to post-disaster mental health  
Training in support skills  
Case meetings  
Social gatherings for disaster mental health care

#### Research

##### **Investigations and research to understand the circumstances of affected areas and victims**

#### Support for various activities

##### **Cooperation with support groups Sponsorship and backing aimed at supporting activities**