



Q&A

Q1 What are public health centers?

A1 Public facilities where you can consult about mental and physical health, mental issues, etc.

Q2 What kind of person is the person responsible from the public health centers who will visit the hospital?

A2 A specialist in the field of health care, medical health, and welfare, such as a public health nurse, a mental health social worker, etc.

Q3 Does it cost anything?

A3 Consultations (including interviews and visits) are free. However, if you need to use welfare services for people with disabilities (such as daily lifestyle and working support), you may be required to pay some fees. Please consult us for details.

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Mental Health Care Section, Disable Persons Programs Division,
Tokyo Metropolitan Government Bureau of Social Welfare

—For Those Currently Admitted to Hospital Involuntarily—

Guidance on Support after Being Discharged



東京都福祉局

Do you worry about the following when you think about life after being discharged?

What if I suddenly get sick...
I'm not sure I can live alone after
being discharged...
There is no one I can ask for advice...
I'm worried about my finances...
I don't know what to do with myself
during the day...

At public health centers and other health facilities within Tokyo, we will ask about your hopes and fears while being admitted to hospital through to being discharged, and work with you to plan a safe and healthy lifestyle for after you are discharged.



How Consultation Works



Hospitalization

The person responsible at a hospital will introduce support facilities such as public health centers



The person responsible at a public health center, etc., visits the hospital and asks you about your hopes and fears related to future living



Based on your requests, you, the hospital staff, and the regional person responsible from the public health center, etc., discuss with each other and work together to plan your lifestyle after being discharged



Discharge

The responsible person from the public health center, etc., will still consult with you after you are discharged, and support your lifestyle in the community or your continued medical care, while contacting a medical facility (family doctor, social worker, etc.) as needed