

## Six main components of our activity

The Miyagi Disaster Mental Health Care Center operates with the following six main components.  
This report also concerns itself with primarily these areas.



### Resident Support

#### Preventive mental health care and mental wellness counseling and support for disaster victims

- Counseling and support services for victims (one-on-one counseling, telephone counseling, etc.)
- Community programming and event planning for residents of disaster areas

### Support for Supporters

#### Mental health support services for municipal staff, provisional support workers and other support providers

- Professional aid for local governments
- Consultation, supervision, participation in case conferences
- Establishment of mental health help desk for support workers
- Administrative support

### Raising Public Awareness

#### Mental health awareness and education

- Community workshops and lectures
- Social activities for residents of affected areas
- Design and distribution of educational pamphlets, flyers, PR materials, home page, etc.

### Human Resource Development

#### Promotion and training for mental health professionals and support workers

- Mental health training in the event of earthquake disasters
- Support skill training
- Case study training
- Conferences related to mental health care in earthquake recovery

### Research

Understanding the current status of disaster-affected areas and people through research and surveys

### Support for Various Activities

Collaboration and coordination with other organizations to facilitate joint support programs