

List of Consultation Services for Foreigners

As of April 2020 (Reiwa 2)

Type of consultation	Name	Supported language(s)	Telephone No.	Details
Consultation on issues and concerns in your daily life	Tokyo Metropolitan Government Foreign Residents' Advisory Center	English	03-5320-7744	Mon-Fri: 9:30-12:00 13:00-17:00
		Chinese	03-5320-7766	Tue, Fri: 9:30-12:00 13:00-17:00
		Korean	03-5320-7700	Wed: 9:30-12:00 13:00-17:00
Residential status, and other issues that may occur in everyday life	Consultation Support Center for Foreign Residents	English, Chinese, Portuguese, Spanish, Bengali, Indonesian, Vietnamese, Tagalog	03-3202-5535	Mon-Fri: 9:00-16:00 * Closed during year-end and New Year holidays, public holidays, and every 2nd and 4th Wednesday of the month * English/Chinese (Mon-Fri), Portuguese (Mon), Spanish (Wed, Fri), Bengali (Tue), Indonesian (Tue), Vietnamese (Thu, Fri), Tagalog (Fri) * Direct consultation with experts available twice a month (attorney, psychiatrist, certified social insurance labor consultant, administrative scrivener, labor consultant, etc.) (Appointment required)
Provision of healthcare information	Himawari (Tokyo Metropolitan Medical Institution Information Service)	English, Chinese, Korean, Thai, Spanish	03-5285-8181	Healthcare consultation, every day 9:00-20:00 * Support only available by phone
	Himawari: Emergency Translation Service	English, Chinese	03-5285-8185	For medical institutions, 24 hours/365 days
		Korean, Thai, Spanish, French		For medical institutions, Weekdays: 17:00-20:00 Holidays, etc.: 9:00-20:00
Labor consultation	Tokyo Labor Consultation Center	English	03-3265-6110	Iidabashi, Mon-Fri: 14:00-16:00
			03-3495-6110	Osaki, Tue: 14:00-16:00
			042-321-6110	Kokubunji, Thu: 14:00-16:00
		Chinese	03-3265-6110	Iidabashi, Tue-Thu: 14:00-16:00
Trouble-related consultation with police	Tokyo Metropolitan Police Department's consultation for foreign residents	English, Chinese, Korean, Vietnamese, Tagalog, Spanish, Thai	03-3503-8484	Mon-Fri (excluding holidays): 8:30-17:15 * Support only available by phone
Human rights consultation	Foreign-language Human Rights Hotline (Navi Dial)	English, Chinese, Korean, Filipino, Portuguese, Vietnamese, Nepali, Spanish, Indonesian, Thai	0570-090911	Weekdays (excluding year-end and New Year holidays): 9:00-17:00 * Your call will be connected to private multilingual phone interpreter service, and then connected to your nearest Legal Affairs Bureau or District Legal Affairs Bureau.
Introduction of the Japanese legal system and consultation services	Houterasu (Japan Legal Support Center): Legal Information for Foreign Nationals	English, Chinese, Korean, Spanish, Portuguese, Vietnamese, Tagalog, Nepali, Thai	0570-078377	Mon-Fri: 9:00-17:00 (3-way call with interpreter and Houterasu staff. Phone charges will apply.) * Excluding holidays and year-end and New Year holidays.