

## List of Consultation Services for Foreigners

As of June 2022 (Reiwa 4)

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	<b>03-5320-7744</b>	Mon-Fri: 9:30-12:00 13:00-17:00 *Excluding year-end and New Year holidays, and public holidays
		Chinese	<b>03-5320-7766</b>	Tue, Fri: 9:30-12:00 13:00-17:00 *Excluding year-end and New Year holidays, and public holidays
		Korean	<b>03-5320-7700</b>	Wed: 9:30-12:00 13:00-17:00 *Excluding year-end and New Year holidays, and public holidays
	Tokyo Metropolitan Foundation "TSUNAGARI" Tokyo Multilingual Consultation Navi	Plain Japanese, English, Chinese, Korean, Portuguese, Spanish, Thai, Russian, Tagalog, Vietnamese, Hindi, Nepali, French, Indonesian, Burmese	<b>03-6258-1227</b>	Mon-Fri: 10:00~16:00 *Excluding year-end and New Year holidays, and national holidays *Reservations for "Free Multilingual Legal Consultations and Free Residence Consultations" are also accepted by the numbers shown on the left. *Burmese is only available every Thursday
Residential status, and other issues that may occur in everyday life	Consultation Support Center for Foreign Residents	English, Chinese, Portuguese, Spanish, Indonesian, Vietnamese, Tagalog	<b>03-3202-5535</b> <b>03-5155-4039</b>	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, Tue, Wed), Spanish (Mon, Tue, Wed), Indonesian (Tue), Vietnamese (Mon, Wed), Tagalog (Fri)
Provision of healthcare information	Himawari (Medical Institutions and Pharmacy Guide Service in Tokyo)	English, Chinese, Korean, Thai, Spanish	<b>03-5285-8181</b>	Healthcare consultation, every day 9:00-20:00 * Support only available by phone
	Emergency Interpretation Service for Medical Institutions	English, Chinese	<b>0570-099283</b>	24 hours/365 days *Interpretation service for requests from medical institutions in Tokyo is provided. (the patient (himself/herself) cannot request it.)
		Korean, Thai, Spanish, French		Weekdays: 17:00-20:00 Sat, Sun, public holidays: 9:00-20:00 *Interpretation service for requests from medical institutions in Tokyo is provided. (the patient (himself/herself) cannot request it.)
Labor consultation	Tokyo Labor Consultation Center	English	<b>03-3265-6110</b>	Iidabashi, Mon-Fri: 14:00-16:00
			<b>03-3495-6110</b>	Osaki, Tue: 14:00-16:00
			<b>042-321-6110</b>	Kokubunji, Thu: 14:00-16:00
		Chinese	<b>03-3265-6110</b>	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, Persian, Urdu	<b>03-3503-8484</b>	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	<b>0570-090911</b>	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, Indonesian	<b>0570-078377</b>	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.