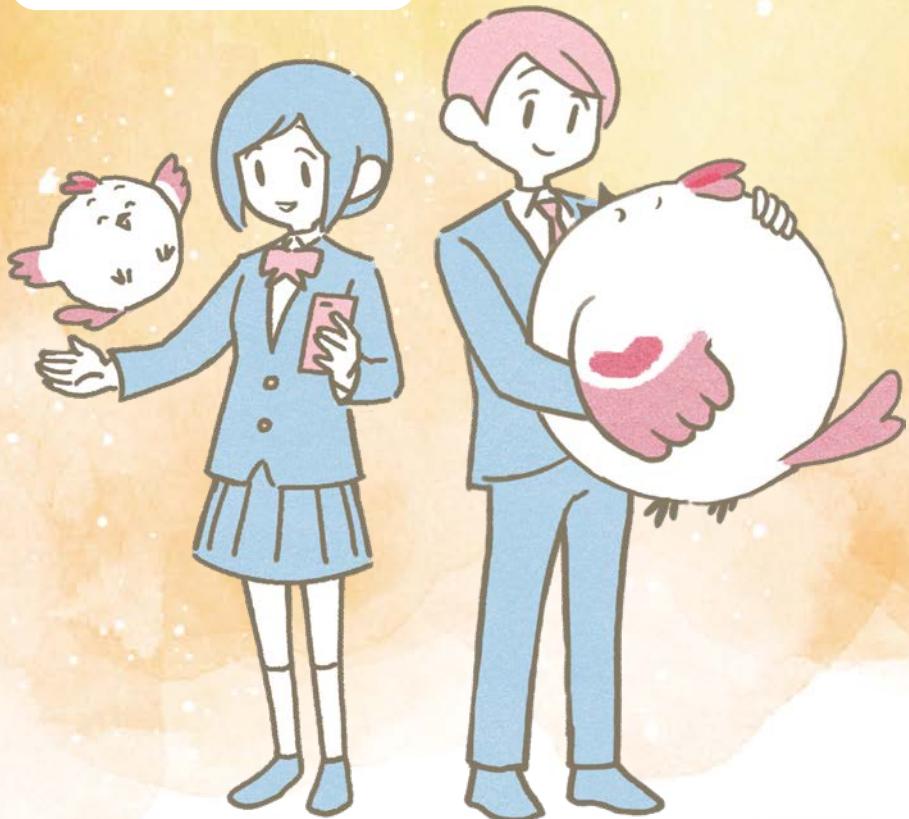


For junior high and high school students

You might be feeling anxious or down, but relax.

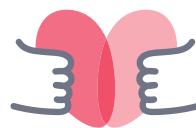
You can talk about anything.

There's someone here for you.



It's free

Consultation chat for children and families



Gyutto Chat



TOKYO
METROPOLITAN
GOVERNMENT

Gyutto Chat



Visit Website

What is Gyutto Chat?

It's an online consultation chat service that allows you to share your worries and anxieties, and receive advice from a counselor.

You can talk one-on-one about whatever's bothering you with your counselor, a counselor you can trust.

You can chat with a counselor.



* You can also make an appointment.

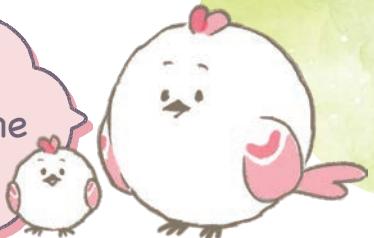
You don't need to give your name.

Nickname

You can choose your counselor.

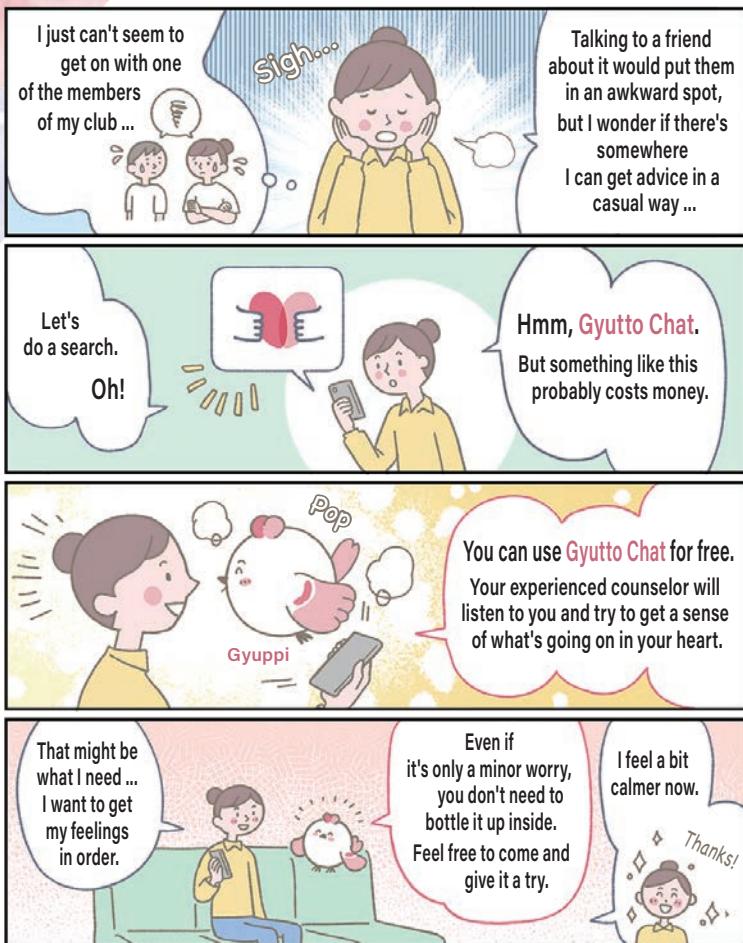


If you register, you can book a date and time when you want to talk!



What can you ask for advice about?

Friends



You can also use Gyutto Chat in situations like these.

You don't know how to get motivated to study.

You're not sure which school to go on to or what academic/career path to pursue.

The adults around you don't understand you.

It doesn't even matter if you haven't decided what you want to talk about.
Tell your counselor how you're feeling.

[Visit Website](#)



What is a Gyutto Chat counselor?

A counselor who's there to listen to what you have to say.

You can choose the counselor you want to consult yourself.

If you want to talk to the same counselor next time, please make an appointment.



Psychologist

If you're a bit emotionally drained, please tell me how you feel.

Junior high and high school students are at an age when a lot of changes are happening with their minds and bodies.

Please feel free to talk about things that you'd find difficult to discuss with the people around you.



Nurse



University students
and graduate students

I'll be happy if you can feel free to talk even about things that you'd normally be uncomfortable sharing with an adult.

I'd like to help you when you're feeling down about your studies or academic prospects.



Former teacher

Find the perfect counselor for you!



If your answer is yes, go in the direction of the red YES, and if it's no, go in the direction of the blue NO.

START!

You sometimes feel down somehow.

YES

You can't seem to figure out what's making you down.

YES

Any counselor is fine. We listen to what you have to say and think about it together.



All counselors

NO

You can always visit the Gyutto Chat website. There are manga stories and lots of useful information.

You find it a bit hard to share what's bothering you with friends or family.

NO

Tell your friends or family how you're feeling. If you still don't feel better after doing that, how about talking to a Gyutto Chat counselor?

NO

Your interactions with friends and family make you feel gloomy.

YES

You want to ask about a body-related concern or change.

NO

You're worried about your studies or school life.

NO

It'd be hard for you to talk to an adult about it, but you'd like to if it's someone close to your age.

YES



Psychologist



Nurse



Former teacher



University students and graduate students



If you want to talk right now, use this.

Gyutto Chat

How to use "Chat Now"

1

Click the "Chat Now" button on the top page.



Chat Now

2

Enter your nickname, etc.
(only when using the service without registering as a member).

Nickname *

3

Select a counselor you wish to consult with.
Check the notes and click the "Start chat with this content" button.
The chat screen will open.

Start chat with this content

4

Click the "Start Chat" button on the chat screen to start consultation with the counselor.

ギュッチャット

こんにちは
ギュッチャット@東京都です
どんなことでも安心してお話ししてね

相談(そだん)を始める

* The texts in the above figure are not translated into English, but contain the following.
Hello there.
This is Gyutto Chat in Tokyo.
Feel free to talk about anything you like.
"Start Chat" button.

5

If you're glad you talked, please send a Like.

Send a Like to your consultant.*

Yes

No, I don't know

Visit Website

Gyutto Chat

How to use "Book a Chat"

If you register,
you can make an
appointment.



- 1 Click the "Book a Chat" button on the top page.



Book a Chat

- 2 Select the counselor you wish to consult with and the day/time of your consultation.

Make reservation with this information

Check the notes and click the "Make reservation with this information" button.

- 3 At your booked time, go to "Booked Consultation" page and click the "Start Chat" button.
The chat screen will open.

Start Chat

- 4 Click the "Start Chat" button on the chat screen to start consultation with the counselor.

ギュッピチャット

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Feel free to talk about anything you like.
"Start Chat" button.

- 5 If you're glad you talked, please send a Like.

Send a Like to your consultant.*

Yes

No, I don't know

Visit Website

About chats

Open between **3 p.m. and 10 p.m.**
(same on Saturdays, Sundays, and holidays /
reception until 9:30 p.m.)
You can make appointments 24 hours a day.

Who is Gyuppi?

Gyuppi is the mascot character
for **Gyutto Chat**.

Gyuppi's crest is the same heart shape
as the **Gyutto Chat** logo.

Gyuppi's a great listener for people
who are feeling down.

Gyuppi hugs them gently
with its big fluffy wings.

You are not alone.
There's always someone
here you can talk to.



Gyuppi

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