

# 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.



**Gyuppi**

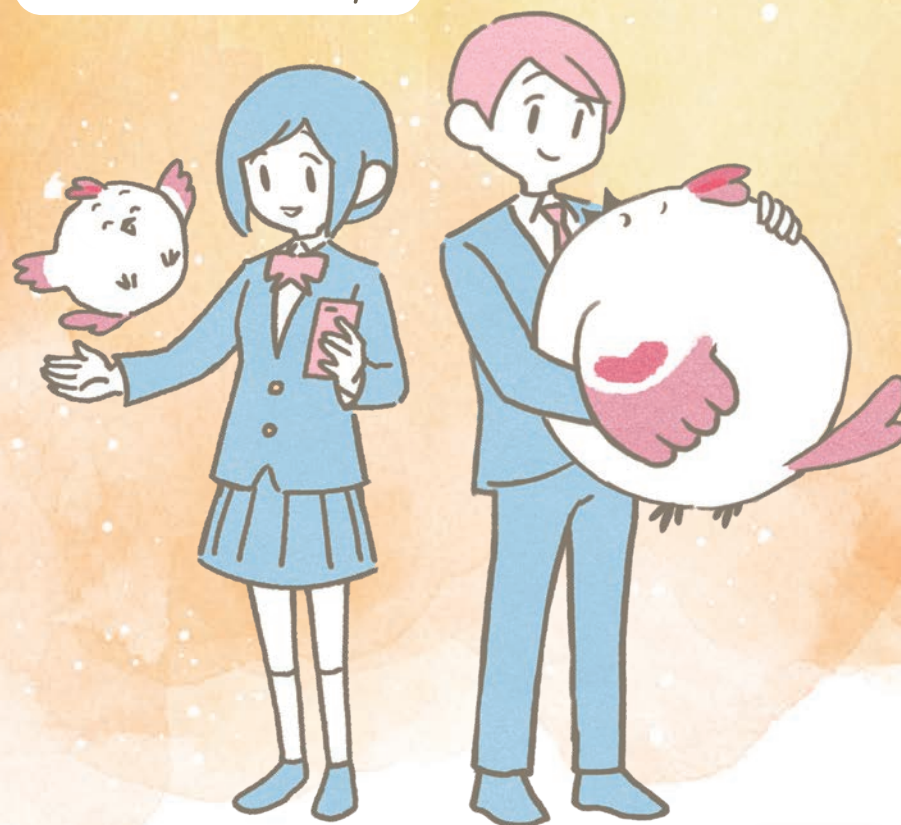
You are not alone.  
There's always someone  
here you can talk to.

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



Gyutto Chat

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TOKYO  
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GOVERNMENT

Consultation chat for children and families



# Gyutto Chat



Gyutto Chat



TOKYO  
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# 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!



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

Make reservation with this information

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.



ギュットチャット

こんにちは  
ギュットチャット@東京都です  
どんなことでも安心して話してね

相談(そうだん)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



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.

ギュッとチャット

こんにちは  
ギュッとチャット@東京都です  
どんなことでも安心して話してね

相談(そうだん)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.

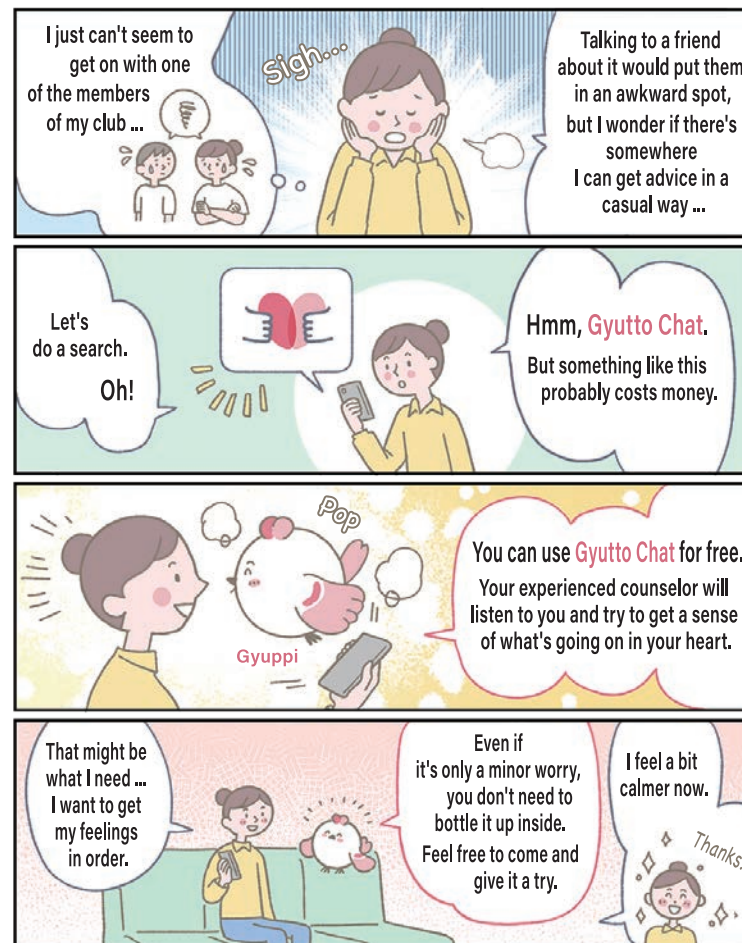
♥ Send a Like to your consultant. \*

☒ Yes

☐ No, I don't know

## 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.





# 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.



Former teacher

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

# Find the perfect counselor for you!



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

**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.

**NO**

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**

**YES**

Your interactions with friends and family make you feel gloomy.

**NO**

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

**YES**



Nurse

**YES**



Former teacher

**YES**



University students and graduate students