

# City Office Notices

City Office Notices contains selected information from the Hiroshima City Newsletter, *ひろしま市民と市政 Hiroshima Shimin to Shisei*. City Office Notices is published twice a month and available in print at the International Exchange Lounge, and online at our website: <http://www.pcf.city.hiroshima.jp/ircd/english/hiroclubnews/>

March 15, 2018

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## Garbage Collection on March 21

3月21日(祝・水)の家庭ごみの収集(P6)

Combustible garbage, PET bottles and recyclable plastic garbage will NOT be collected on March 21. Recyclable garbage (excluding recyclable plastic and PET bottles), toxic garbage, plastics other than containers and packaging, and incombustible garbage will be collected according to schedule.

**INQUIRIES:** *Kankyo Kyoku Gyomu Dai-ichi Ka* (Environmental Bureau, Operation Division I)  
Tel. 504-2220 Fax. 504-2229

## National Pension Premiums Will Change from April 1

国民年金保険料が4月から変わります(P6)

The monthly payment of your National Pension Premiums will be 16,340 yen/month (a decrease of 150 yen) for the period of April 2018 – March 2019. Payments done via bank accounts or credit cards must be registered prior to making the payment. For further information please contact your local *Nenkin Jimusho* (Pension Office).

**INQUIRIES:** *Nenkin Jimusho* (Pension Office)

Hiroshima Higashi	Tel. 228-3131	Fax. 221-3042
Hiroshima Nishi	Tel. 535-1505	Fax. 535-1506
Hiroshima Minami	Tel. 253-7710	Fax. 505-5122

# Self-payment for Hospital Meal Expenses Will Change from April 1

入院時の食費の自己負担額が4月から変わります(P6)

The self-payment for hospital meal expenses will be 460 yen/meal (an increase of 100 yen) for those who are municipal tax-payers or who live with a municipal tax-payer. Patients with incurable diseases or childhood chronic illnesses specified by Japanese government are exempted from this rule. For further information please contact *Hoken Nenkin Ka* of your local ward office.

**INQUIRIES:** *Hoken Nenkin Ka* (National Insurance and Pension Division), local ward offices

Ward Office	Telephone	Fax	Ward Office	Telephone	Fax
Naka	504-2555	541-3835	Asaminami	831-4929	877-2299
Higashi	568-7711	262-6986	Asakita	819-3909	815-3906
Minami	250-8941	252-7179	Aki	821-4910	822-8069
Nishi	532-0933	232-9783	Saeki	943-9712	923-5098

## Counseling Regarding Housing

Counseling is available in Japanese only.

住宅相談(P7)

**DATE & TIME:** Thursday, March 22 1:30 pm – 4:30 pm

**PLACE:** City Hall

**COUNSELORS:** (1) Lawyer (Legal affairs)

(2) Architect (Renovations, earthquake resistance, etc.)

**TO RESERVE:** Call *Jutaku Seisaku Ka* (Housing Policy Division) by Wednesday, March 21. The first six people will be accepted for each of counselors (1) and (2). Counseling is in Japanese only, so please bring a Japanese speaking person if necessary.

**INQUIRIES:** *Jutaku Seisaku Ka* Tel. 504-2291 Fax. 504-2308

## Free Counseling Regarding Real Estate Issues

Counseling is available in Japanese only.

不動産の無料相談会(P6)

Counseling about real estate (real estate value, taxation, etc.)

**DATE & TIME:** Friday, April 6 10:00 am – 4:00 pm

**PLACE:** *Ken Fudosan Kanteishi Kyokai* (6-10 Hatchobori, Naka-ku)

**INQUIRIES:** *Ken Fudosan Kanteishi Kyokai* (Real Estate Appraiser Association)

Tel. 228-5100 Fax. 227-0065

## Water/Sewer Payment Certificate

水道料金などの納入証明書の発行について(P6)

You can apply for a water/sewer payment certificate for paid water and sewer charges. A fee of 350 yen/fiscal year will be charged to issue the certificate. Please bring your ID when you apply. For further information, please inquire at your local waterworks offices.

**INQUIRIES:** *Suido Kyoku* (Waterworks Bureau), local offices

Ward	Telephone	Fax	Ward	Telephone	Fax
Naka	221-5522	511-6925	Asaminami	831-4565	877-0679
Higashi	511-6922	511-6925	Asakita	819-3958	814-8859
Minami	511-6933	221-3060	Aki	821-4949	823-6624
Nishi	511-6944	221-3060	Saeki	923-4121	922-6985

## For Those Who Left Their Job Recently — Enroll in the National Pension System (*Kokumin Nenkin*) and Public Health Insurance

会社などを退職した人へ 国民年金の届け出や医療保険への加入などをお忘れなく(P7)

### Enroll in the National Pension System

People who are over 20 and younger than 60 years old who have left their job recently and have consequently withdrawn from Employees' Pension Insurance (*Kosei Nenkin*) must enroll in the National Pension System (*Kokumin Nenkin*). Do not forget to complete the proper procedures to enroll in the National Pension System in order to receive your old-age pension. If your spouse is between 20 and 60 years of age and a dependent family member, they must also be enrolled in the National Pension system.

**INQUIRIES:** *Hoken Nenkin Ka* (National Insurance & Pension Division) of your local ward office

Ward	Telephone	Fax	Ward	Telephone	Fax
Naka	504-2556	541-3835	Asaminami	831-4931	877-2299
Higashi	568-7712	262-6986	Asakita	819-3910	815-3906
Minami	250-8944	252-7179	Aki	821-4910	822-8069
Nishi	532-0935	232-9783	Saeki	943-9713	923-5098

### Enroll in Public Health Insurance

By law, citizens must enroll in a public health insurance plan. When you leave your job, you may become disqualified from your previous insurance plan, and thus it will be necessary for you to enroll in a new health insurance plan. In general, there are three ways to do this:

- (1) Keep your previous insurance. (You will be able to keep it for up to two years.)
- (2) Join a family member's health insurance (except *Kokumin Kenko Hoken*) as his/her dependent family member.
- (3) Enroll in *Kokumin Kenko Hoken*.

Application procedures depend on what type of insurance you apply for. Please therefore consult with your workplace before you leave for (1) and (2), or your local ward office for (3).

**INQUIRIES:** *Hoken Nenkin Ka* (National Insurance & Pension Division) of your local ward office

Ward	Phone	Fax	Ward	Phone	Fax
Naka	504-2555	541-3835	Asaminami	831-4929	877-2299
Higashi	568-7711	262-6986	Asakita	819-3909	815-3906
Minami	250-8941	252-7179	Aki	821-4910	822-8069
Nishi	532-0933	232-9783	Saeki	943-9712	923-5098

## Consultation Services (Counseling is available in Japanese only.)

相談できる窓口があります(「市民と市政」2018.3.1 P2)

### I Mental health

#### 1. Hiroshima suicide prevention lifeline (*Hiroshima Inochi no Denwa*)

Tel. 221-4343

24 hours a day, 7 days a week

#### 2. National suicide prevention lifeline (*Zenkoku Jisatsu Yobo Inochi no Denwa*)

Tel. 0120-783-556

10<sup>th</sup> of every month, 8:00 am – 8:00 am, toll-free

#### 3. Prefectural suicide prevention lifeline (*Ken Jisatsu Yobo Inochi no Denwa*)

Tel. 0120-375-568

20<sup>th</sup> of every month, 8:00 am – 8:00 pm, toll-free

#### 4. Counseling from a mental health and welfare counselor

Weekdays\*, 8:30 am – noon

Reservations are required.

#### 5. Counseling from a psychiatrist

Minami and Saeki wards: 1<sup>st</sup> and 3<sup>rd</sup> Thursdays\*, 1:30 pm – 3:00 pm

Naka, Higashi, Nishi, Asaminami wards: 2<sup>nd</sup> and 4<sup>th</sup> Thursdays\*, 1:30 pm – 3:00 pm

Asakita and Aki wards: 3<sup>rd</sup> Thursday\*, 1:30 pm – 3:00 pm

Reservations are required.

**INQUIRIES for 4 and 5:** *Hoken Centers* (Health Centers) (*Hoken Fukushi ka* (Health & Welfare Division), local Ward Offices)

Ward Office	Telephone	Ward Office	Telephone
Naka	504-2109	Asaminami	831-4944
Higashi	568-7735	Asakita	819-0616
Minami	250-4133	Aki	821-2820
Nishi	294-6384	Saeki	943-9733

**6. Counseling at a Mental Health and Welfare Center**

Tel. 245-7731

Y Over-the-phone: Weekdays\*, 8:30 am – 5:00 pm

Y In-person: Weekdays\*, 9:00 am – 5:00 pm (Reservations are required for in-person counseling.)

**7. Suicide prevention telephone counseling from a specialist**

Tel. 245-9673

Weekdays\*, 10:00 am – 4:00 pm

**8. Telephone counseling on mental health issues (*Kokoro no Denwa*)**

Tel. 892-9090

Mondays, Wednesdays and Fridays, 9:00 am – noon, 1:00 pm – 4:30 pm

(Except for national holidays and year-end and New Year holidays.)

**I Medical counseling and information on mental disorders****Psychiatric Emergency Information Center**

Tel. 892-3600

24 hours a day, 7 days a week

**I Trouble with working conditions, including overworking****Hiroshima Labor Bureau Employment Conditions Consultation Office**

Tel. 221-9296

Weekdays, 8:30 am – 5:00 pm (Except for national holidays and year-end and New Year holidays.)

**I Counseling for children, youth and their guardians****Child and Youth Counseling Center**

Tel. 242-2117

Monday to Saturday\*, 9:00 am – 5:00 pm

**I Bullying****Telephone Counseling (*Ijime Hyaku to ban*)**

Tel. 242-2110

24 hours a day, 7 days a week

**I Loan issues****Hiroshima City Consumer Affairs Center**

Tel. 225-3300

10:00 am – 7:00 pm (Except for Tuesdays)

**I Financial difficulties****Life Support Centers (*Kurashi* Support Center)**

Livelihood protections recipients are not eligible for this service.

Office	Telephone	Counseling
Main Office (Higashi, Minami, Aki wards)	264-6405	Weekdays* 8:30 am – 5:15 pm
Center (Naka ward)	545-8388	
West (Nishi and Saeki wards)	943-8797	
North (Asaminami and Asakita wards)	831-1209	

\*Except for national holidays, year-end and New Year holidays and August 6.