

1. About mental illness

Until recently, mental illnesses were regarded as a problem for a specific minority.

In reality, anyone at any age can become mentally ill.

A mental illness is not a personality disorder.

It can be triggered by constantly being surrounded by many different points of view and various stresses at home, school, and workplaces.

The term "mental illness" can also encompass schizophrenia and mood disorders.

Schizophrenia can make you feel as though there are things and people around you that aren't really there, hear bad thoughts or rumors about you which could make you reluctant to get out and socialize with other people.

However, you can control and recover from your symptoms by continuing to take proper medication and going through rehabilitation. There are many people who are able to continue to go to work despite of their illness.

Mood disorders can make you feel as though nothing you do is fun, nothing is interesting and you may even lose your will to live. When such thoughts occur, it may suddenly lead to an increase in energy, talkativeness, and a strong urge to buy expensive things. However, you could continue to lead a normal life by taking proper medication, resting, receiving counseling and continuing treatment.

If you think you may be mentally ill, there are many places where you can go for a consultation.

In Tochigi City, you can receive "mental health counseling" from an expert by appointment.

Mental illnesses are quite common and if you are ill, it's nothing extraordinary.

It is important for everyone to learn more about mental illnesses to correctly understand them and support those who need help.

2. About New Year's business hours and services

City hall will be closed from Tuesday, December 29th to Sunday, January 3rd, 2021 for both the main office and general branch offices.

Thank you for your understanding and cooperation.

During that time, documents such as birth, marriage, and death certificates will be kept at the security room on the southwest corner of the 1st floor of the city hall main government building.

Furthermore, garbage will be collected during the Holidays in accordance with the garbage collection calendar.

There will be no collection between January 1st and the 3rd.

If you want to bring your garbage directly to Clean Plaza, it will be open on December 31st from 8:30 am until noon.

Services will resume on January 4th as usual.

Bringing in garbage at the end of the year can lead to large crowds so please allow yourself plenty of time and do wear a mask.

3. About Influenza

Influenza has more severe symptoms than a common cold and may cause bronchitis or pneumonia so caution is required.

As a preventive measure to stop the flu from spreading, it is important to be vaccinated before the epidemic even begins.

This year, there is a concern of a simultaneous outbreak of influenza and COVID-19. Similarly to COVID-19, influenza is primarily spread by droplets, so be sure to wear a mask and practice proper coughing etiquette.

Also, be sure to wash your hands frequently and disinfect with alcohol when you return home and before meals.

If you think you might be infected, please do not force yourself to go to school or work. If you experience symptoms such as a fever, please contact a medical institution by phone.

If you do not know which medical institution to consult, please call the Consultation Center. The phone number is 0570-052-092.

Influenza fever is indistinguishable from the one you would get from COVID-19. Please be sure to call by phone before going to a medical institution in person.

For foreign residents with difficulties in speaking Japanese, please use the "COVID-19 Consultation Hotline for Foreigners Living in Tochigi Prefecture" where you will be able to communicate in your native language.

This is a number reserved for foreigners living in Tochigi prefecture. Please call 028-678-8282. It is open 24 hours a day.

4. About Light and Sound displays for 2020

Near the east exit of Tobu Shin-Ohirashita Station, around "Platz Ohira", illuminations with over 100,000 lights will be displayed with the winter night sky as the backdrop.

The display will take place from December 1st to January 11th of next year, from 5pm to 10pm.

This year, please come enjoy these heartwarming illuminations while social distancing and as always, please wear a mask.

Thank you for your cooperation.