

How to Receive Treatment at a Medical Institution for Psychological Symptoms

1. Process for Receiving Treatment

If you have psychological symptoms

Ex.: Anxiety, irritability, depression,
feelings of wanting to die, violent behavior, etc.

Considering undergoing care at a medical institution (psychiatry, psychosomatic internal medicine, etc.)

[Pre-examination survey points]

1. Type and frequency of symptoms
2. When the symptoms appeared
3. Treatment for any current or past illnesses
4. Medicine you are currently taking
5. Pregnancy or the possibility of being pregnant
(women only)
6. Enrollment in health insurance
(may reduce out-of-pocket cost)

Consultation

**Return home or
continue outpatient treatment**

Hospitalization (*)

Payment for medical care is typically done with cash, but in some cases
payment by credit card is also possible.

*Please see the following page for information about hospitalization.

2. Types of Hospitalization at Psychiatric Medical Institutions

The types of hospitalization at psychiatric medical institutions are primarily based on the Act on Mental Health and Welfare for the Mentally Disabled.

(1) Voluntary Hospitalization

If the patient intends to be hospitalized, he/she shall be admitted voluntarily. The patient shall be discharged if his/her symptoms improve and the doctor deems him/her suitable for discharge, or if the patient wishes to be discharged.

(2) Hospitalization for Medical Care and Protection

If hospitalization has been deemed necessary for the sake of medical care and protection, and the patient's family, etc. agrees to hospitalization on behalf of the patient, he/she shall be hospitalized for medical care and protection after undergoing an examination by a designated mental health doctor. In the event that there is no family, etc. that can be contacted, the consent of the mayor of the municipality shall instead be required.

(3) Emergency Hospitalization

If it is determined that the patient requires hospitalization for medical care and protection but are unable to obtain the consent of the patient's family, etc., he/she shall be hospitalized at a designated hospital on an emergency basis for a period of up to 72 hours after undergoing an examination by a designated mental health doctor.

(4) Involuntary Admission

If it is determined, after undergoing an examination by two or more designated mental health doctors, that there is a risk of the patient harming himself/herself or others, the patient shall be hospitalized involuntarily under the authority of the prefectural governor.

Inquiries:

Ministry of Health, Labour and Welfare
Social Welfare and War Victims' Relief Bureau
Department of Health and Welfare for Persons with
Disabilities, Mental Health and Disability Health Division
TEL: 03-5253-1111