

Introduction

"I'm the only one who has this kind of worry."

"I want to consult with someone,
but there is nowhere to do so."

Do you have any worries like these?

We believe that there are in fact many people who wish to work together with you to provide mutual support and encouragement for your worries, such as "men's consultation services" that give and receive support locally, as well as various types of group work, self-help groups, and citizen activities.

We at "Otokokoronet" bring together people who are seeking consultation or want to meet other male friends and people who want to support them, in local communities.

We invite you to use our website to experience many new encounters for yourself.

We sincerely hope that we can help you to return to a level of even stronger emotional health than now, so that you will be able to fully feel and express your feelings of sadness, anger, enjoyment, and happiness, and live your life to the fullest as an independent human being.

男性相談支援ポータルサイト
オトココロネット
Men's Consultation Support Web Portal
Otokokoronet



If you feel lonely, in pain, or distressed ...

男性相談支援ポータルサイト
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Guide

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Otokokoronet



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(Osaka City Gender Equality Promotion Foundation)

As of February 2022



Won't you try finding a place
where you can belong?

What you can do with Otokokoronet

01

Search for consultation services

Q Are there services for consultation about worries?

A

Currently, there are approximately 80 men's consultation services operating*1 nationwide, primarily focusing on municipalities. These also include men's consultation services provided by citizen groups and NPOs. Their main role is to provide consultation for men about their feelings about matters that are troubling or worrying them. By clicking "People Seeking Consultation" from the menu at the top of the Otokokoronet site, you can search for a consultation service near the area you live in.

*1. As of April 2021. From the Cabinet Office's List of Organizations Related to Gender Equality - Information and Consultation Services.

Q What kinds of topics can I get advice?

A

You can get advice about matters involving worries or feelings that involve your family members or spouse, such as "I'm having difficulties raising my children," "I'm struggling with abusive language or violence from my family members or spouse," or "I'm exhausted from providing nursing care." They can also include matters such as relationships with friends and at work, sexual worries such as sexuality, anxiety about the future, feelings of loneliness, and emotional distress from feeling that you are not allowed to show weakness. Won't you try talking about things that you normally keep to yourself?

Q Is it okay to talk about loneliness and emotional pain?

A

Of course. First of all, we believe it would help to talk about the feelings you are dealing with such as loneliness and emotional pain which are difficult to discuss in everyday life, and to take the heavy weight off your shoulders. Then, once you have calmed down, we may be able to help think together with you about how to deal with that pain in everyday society by working together with you. Please consultation us first.

Q I want to stop committing acts of DV or want others to stop such acts.

A

It is said that many male perpetrators of domestic violence (DV) are trapped by frameworks of values such as "power and control," "toleration of violence," and "feelings of male dominance and contempt toward women."² Violence can take many forms, such as physical violence, sexual violence, psychological violence, and economic violence. Changing the perceptions of values that consider violence acceptable is extremely important for maintaining good relationships. We will first share the important desire of "wanting to stop" together with you. Then, it would be wonderful if we could work together to come up with ways to actually stop. There are also people who want their partners to stop acts of DV. Although they are still few in number, shelters for men also exist across the country. Let's talk about your painful feelings, try to take the heavy burden off your shoulders, and think together about what should be done from here on.

*2. Noriko Yamaguchi, "People Who Use Love as an Excuse - Confessions from 700 Male Perpetrators of DV"

Q Are there any differences between men's consultation services?

A

In some cases you may be referred to a different consultation service, such as one related to DV. This is because certain services may have different areas of specialty. We hope you will use them while placing importance on feeling that they are right for you.

Q I'm troubled by society's views that "men must be like this..."

A

Even close to you, there may have been a culture where men competed to be strong at fighting or to achieve in order to maintain a sense of masculinity, or a culture where men were encouraged to openly express their sexual interest in women or to put on a front of strength without showing weakness. Men may have made fun of homosexuality, gotten together with other men and made demeaning remarks about homosexuals, or shown toleration for violence³. Consultations by telephone or other means and speaking man-to-man⁴, and eventually person-to-person, may be effective at alleviating emotional distress stemming from perceptions of masculinity and difficulties in life which are caused by them. We hope we can work together with you to ease your difficulties in life even by a little.

*3. Kyoto Gender Equality Promotion Association
#We Don't Want to Hurt Anyone: An Adventure to Explore the Mysteries of Masculinity
*4. Depending on the service, there may be occasions where a female counselor might assist you.

02

Search for events

Q What kind of events are there?

A

Some organizations registered with us are planning various events for men. These include events related to anti-violence programs, events to resolve difficulties in living for men, and initiatives to enrich lifestyles. We hope you will be able to search for and find events that interest you.

Q I don't know how to interact with people.

A

Interacting with people who have the same interests and goals as you may help to prevent isolation and ease the feeling that you are alone in your pain. Also, listening to the opinions and experiences of other people with the same feelings can be very helpful for your life, and conversely, your own opinions and experiences can become "food for thought" for others. It may require some courage to participate at first, but we believe that taking an initial step will bring about new changes. It's fine to take small steps and move forward little by little.

Q Can I meet companions who I can talk with about my worries?

A

Events related to anti-violence programs or self-help group events, or other opportunities to gather with and meet people who are facing similar worries, may lead to solutions for your problems or provide you with encouragement. Speaking face-to-face with people in real life can be very exciting and can result in great new discoveries in your life. We hope you will try searching for such opportunities and can find valuable companions.

Q I don't know how to search for events.

A

Click on "Participate in Events" from the menu at the top of the Otokokoronet site to display a page with events. On that page, click "Search in Detail" to perform a more detailed search. You can also search by categories such as "Event Location," "Event Features," "Field of Activity," and with "Free Keywords."

