

For parents/guardians

You might be feeling anxious or down about life or parenting, but relax.

You can talk about anything.

There's someone here for you.



It's free

Consultation chat for children and families



**Gyutto Chat**



TOKYO  
METROPOLITAN  
GOVERNMENT

Gyutto Chat



# What is Gyutto Chat?

It's a consultation chat service that allows you to share your worries and anxieties about your children and parenting, and receive advice from a counselor.

You can talk one-on-one about your day-to-day struggles related to your children and parenting with your reliable counselor, a counselor you can trust, of various types.

You can chat with a counselor.



\* You can also make an appointment.

You can remain anonymous.

Nickname



You can choose your counselor.

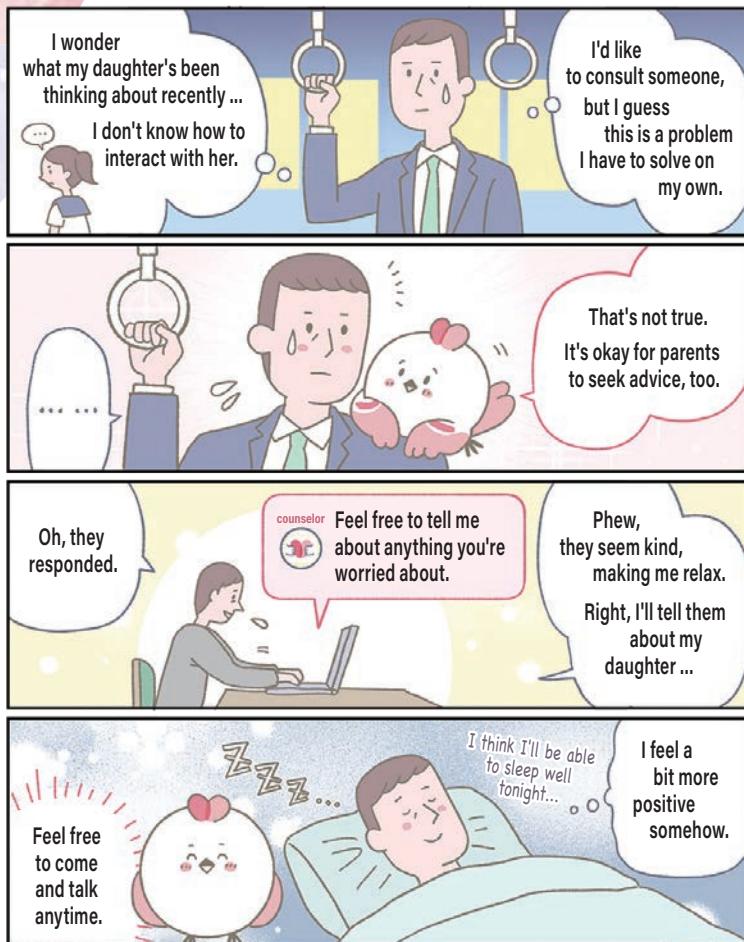


If you register, you can book a date and time when you want to talk!



# What can you ask for advice about?

## How to interact with your children



## You can also seek advice about other parenting-related matters.

You have a baby coming soon, but you're worried about money and how you're going to live...

You want to work hard on your career, but time for your children is also important for you...

You get too strict with your children when you think it's for their sake...

It doesn't even matter if you haven't decided what you want to talk about. Tell your counselor how you're feeling.

With **Gyutto Chat**,  
parents and children can talk to a counselor  
about any worries they may have.

Experienced counselors are by your side as you deal with the various worries that accompany each life stage, such as nervousness during pregnancy, anxiety after a child is born, and balancing work with parenting.

And your children themselves can also use the service, so please casually let them know about it when they're worrying about something.



### Pregnancy

Mental and physical health during pregnancy



### Birth

Balancing parenting with work



### Infancy

Relationships with friends

Loneliness and feelings of isolation



### School age

Academic/career paths

Parent-child relationships





## You can choose the perfect counselor for you.

There are lots of different **counselors**,

and you can select one based on the worries or concerns you have.

Experienced **counselors** can give advice, and will listen sympathetically to what you have to say.



Psychologist

If you're a bit emotionally drained, please tell me how you feel.



Nurse

Please talk to me if you're worried about your physical condition before or after birth, your children's bodies, and so on.



Nursery teacher/  
social worker

Please consult me if you have any concerns about your child's lifestyle rhythm, diet, and so on.



Former teacher

I'll be happy if I can help you with money matters related to parenting, guidance on academic, and career paths.



Financial planner/  
career consultant

I'd like to provide support when you're feeling gloomy about your child's studies or their future educational prospects.



# Gyutto Chat

## How to use "Chat Now"

1 Click the "Chat Now" button on the top page.



Chat Now

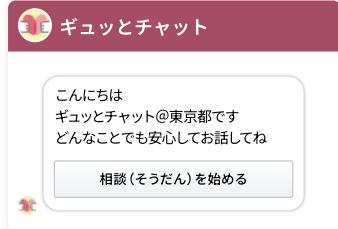
2 Enter your nickname, etc.  
(only when using the service without registering as a member).

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.



\* 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

# 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.



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Yes

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# 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.

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



**Gyuppi**

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