Recently, my child's appearance is strange...

He/she seems to be hanging out with a bad older student...

Get a consultation before it's too late!
Specialists will provide consultations while strictly protecting your privacy.

There are consultation services regarding drugs.

- Aichi Prefecture: Mental Health and Welfare Center, Aichi Prefecture (052-462-3077)
- Mie Prefecture: Mental Health and Welfare Center, Mie Prefecture (059-423-2865)
- Shiga Prefecture: Mental Health and Welfare Center, Shiga Prefecture (075-242-0319)
- Kyoto Prefecture: Mental Health and Welfare Center, Kyoto Prefecture (075-441-1910)
- Osaka Prefecture: Mental Health and Welfare Center, Osaka Prefecture (06-6801-3201)

Ministry of Health, Labour and Welfare
1-2-2 Kasumigaseki Chiyoda-ku, Tokyo 100-8916 TEL: 03-3523-1111 (main number)

Checklist to protect children from drug abuse

- Your child is allowed to have a smartphone or cell phone.
- Your child is allowed to use a PC connected to the internet.
- Your child hangs out with junior high school and senior high school students. Or you do not know much about his/her friends.

About your child himself/herself
- He/she has begun coming home late.
- He/she wants money for unknown reasons.
- He/she no longer wants to eat meals with the family.
- When you make eye contact, he/she stops talking.

Please be careful if you checked even just one box.

If you want to know the reason, see here.
Drugs that are mainly abused in Japan are cannabis and dangerous drugs, as well as stimulants, MDMA, psychotropic drugs, thinners (organic solvents), and more. Abuse of stimulants causes hallucinations and delusions, and consuming large quantities can lead to death. MDMA causes vision and hearing changes, there are cases of it harming people such as with anxiety and insomnia, and continued use causes people to fall victim to mental agitation. Psychotropic drugs have medical uses, but abusing them causes mental and health impediments. For all of these drugs, even if you stop using them, your dependence on them will remain.

In addition, neural circuits control humans’ actions and emotions, but drug abuse destroys neural circuits. This causes respiratory arrest, hallucinations, and impaired consciousness, and as a result can cause people to harm others and even lead to the user’s death.

Dangerous drugs are sold under names such as “legal herbs,” and in addition to causing health damage and even death to users, there are also many reports of examples involving other people such as incidents causing injury and fatalities and traffic accidents. Due to legal reform in 2014, it is illegal to possess, use, purchase, or transfer “dangerous drugs” that are designated drugs, and street stores were destroyed due to the strengthened regulation. However, they are still being sold on the internet and other places.

The number of people arrested for cannabis, which reached its peak in 2009 and had been decreasing, has been increasing in recent years, particularly with increasing arrests of minors and people in their 20s.

There are concerns about the spread among young people, such as arrests of high school students for violation of the Cannabis Control Act in Ibaraki Prefecture and Okayama Prefecture in 2016, and in Nagasaki Prefecture in 2017.

Although there is a stream of incorrect information such as “cannabis has no effect on the body” and “cannabis doesn’t cause dependence,” in reality cannabis is an illegal drug that affects the brain and causes various problems. If cannabis is abused, the person’s perception changes, they lose the ability to concentrate, and have emotional instability. In addition, if the abuse is continued, it causes a condition of not having motivation to do anything (disorder of diminished motivation), lowered intellectual function, cannabis-induced psychosis, and more, and makes the person become unable to adapt to life in society. Drug abuse in minors in particular greatly affects development of the mind and body. Cannabis absolutely must not be used.

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An increase in cannabis crimes!? 

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Dangerous invitations threaten children in many different ways. Children today are familiar with smartphones and computers. If they just connect to the internet, they can easily buy dangerous drugs.

In order to protect against the danger of drug abuse by children before it starts, it is important for guardians to be careful everyday and closely watch over their children. Raise your children to value themselves, keep away from bad invitations, and be able to refuse themselves if they receive an invitation.

Also, please tell them to stay away from dangerous places and to quickly run if they sense danger.