



June 2026 Mail

We've made it to June! Happy Pride Month! Get ready to be showered with PSG Monthly Mail goodness!

Resource Spotlight: LGBTQIA+ Support

In celebration of pride month, let's highlight at some of the available resources for the LGBTQIA+ community:

Stonewall Japan ([Link](#))

Stonewall Japan is a community organization that has compiled many guides and resources for LGBTQIA+ individuals living in Japan. Here are some highlights:

Trans Life in Japan

(<https://stonewalljapan.org/resources/transgender-life/>): A complete Trans guide to Japan, and a list of resources related to HRT & surgery.

Sexual Health in Japan

(<https://stonewalljapan.org/resources/sexual-health/>): Guides to HIV/AIDs testing, lists of clinics, information on sexual health phrases in Japanese, information on OBGYN services.

Asexuality in Japan:

(<https://stonewalljapan.org/resources/asexuality/>): Ace communities, blogs/posts by asexual activists, asexual authors, and more.

Japan Gay Guide ([Link](#))

A heaping load of information, guides, and articles targeted towards the LGBTQIA+ community in Japan, highlights include:

Travel Tips (<https://japangayguide.com/travel-tips/>): Guides and lists for LGBTQIA+ friendly spots around Japan

LGBTQIA+ Life in Japan (<https://japangayguide.com/life/>):

Information on LGBTQIA+ culture in Japanese culture, specialized information for specific identities (Gay, Bisexual, Transgender, etc.)

LGBTQIA+ Culture in Japan (<https://japangayguide.com/culture/>):

News and articles on LGBTQIA+ media, trends, and pop culture.

Pride Events in Japan:

[Click here](#) for a spreadsheet of 2026 pride/LGBTQAI+ events around Japan! This month, be sure to catch Tokyo Pride on **June 6th & 7th** or Aomori Rainbow Parade on **June 28th**.

Resource Spotlight: Mental Health Counseling

To celebrate Mental Health Awareness Month (which was last month, but let's be real, every month should be mental health awareness month!), we would like to spotlight some mental health counseling resources! All the resources listed below provide mental health counseling **in English!** Without further ado, here we go:

JET Online Counseling Service

CLAIR offers a counseling service for JET program participants. JETs can connect with a counselor via email with unlimited use, or connect with a counselor via telehealth counseling for up to seven sessions. For more information such as how to register for the service, please follow this link:

<https://jetprogramme.org/en/current/support/mental-health-support/>

IMHP (International Mental Health Professionals)

IMPH is a professional organization of expat mental health professionals and counselors. IMHP's webpage hosts a database of counselors profiles, *most of whom are accepting new clients*. If you're looking for ongoing counseling, be it in-person or remote, this is our

recommendation! To start searching for counselors, please visit their page: <https://www.imhpj.org/>

TELL Counseling Services

In addition to their wonderful helpline, TELL also operates counseling services of their own, including telehealth counseling! What's neat about TELL is that they offer a sliding scale for anyone whose monthly income is less than ¥900,000 (that includes any JET!) Learn more here: <https://telljp.com/counseling/>

BetterHelp & Talkspace

BetterHelp and Talkspace are online therapy platforms that host many mental health counselors who you can text, call, or video chat with. The platforms will match you with someone based on a questionnaire, however do keep in mind that many therapists on these platforms may reside in a different timezone. Learn more about BetterHelp: <https://www.betterhelp.com/> or learn more about Talkspace: <https://www.talkspace.com/>

JET Mental Health Counseling Assistance Program (Subsidy)

CLAIR provides a partial subsidy (50%, up to ¥30,000 per year) for mental health counseling costs through consultation with mental health professionals (such as counselors on IMHP, TELL Counseling Services, or BetterHelp/Talkspace) that are **not** covered by Japanese health insurance. The coverage period is from 1 April 2026 to 31 March 2027 (be sure to submit your application to your BOE/Prefectural Office before the deadline). For further information, please connect with your contracting organization or visit this page: <https://jetprogramme.org/en/current/support/mental-health-support/>

For additional resources on mental health counseling and beyond, please visit our website: <https://www.ajetpsg.com/>



See you next issue!



Peer Support Group

PSG is a free, confidential listening and referral service for JET Programme participants.

Available every night 20:00 - 01:00

<https://www.ajetpsg.com/>

Call via Microsoft Teams: 'AJET Peer Support Group'

(Search on Teams: 'ajetpsg@gmail.com')