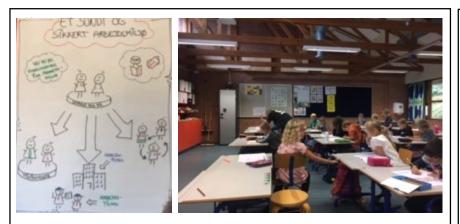# How to build a comfortable community for everyone?

Associate Professor Mimiko Nakazawa

Practice in Denmark is helpful to study how to prevent psychological violence such as harassment and bullying. The upper left diagram shows the system for harassment solution in a labor union in Denmark. The upper right picture is a scene of school class in Denmark. The lower picture shows the counseling space in my office. Counselors listen to any kind of talk. Please do not keep your worries to yourself but talk to us.

Application of IT will keep moving in society. Science cannot be readily applied to traditional counseling. In the new era, we should think about mental care in collaboration with IT.

Content：

Students and staffs in the university have diverse backgrounds. I wonder how to build a comfortable community for everyone. University is a big community. From a viewpoint of mental health, I am thinking how to build an university community which leaves no one behind. Concretely speaking, I will find problems of the whole community through the study, education, and practice of mental health and care. I am particularly interested in the following 3 issues.

1. Support of mental health for students and staffs

2. Application of IT in mental health care

3. Prevention of harassment by approaching harassers

Appealing point：

The comfortable community for everyone cannot be achieved by effort of one person. All members of university need to discuss repeatedly with each other from various viewpoints. Let's think about the community where members care about their own mental health naturally as well as physical health.

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