

Labour Standards Advice Hotline

Do you have some worries, concern, or questions about your working conditions? We have “Labour Standards Advice Hotline” in Japan. (It is a commissioned service entrusted by the Ministry of Health, Labour and Welfare.)

On weekday nights, Saturdays, Sundays and holidays, you can consult your situation in 13 languages. The charge for call is free.

This hotline is a telephone consultation service which consultants with specialized knowledge provide general advices based on laws and judicial precedents, regarding the issues/problems related to working conditions or labour standards such as illegal overtime work, some health problems caused by overwork, or unpaid overtime work. In some cases, they introduce some related organizations for you to go/call. **You can consult anonymously.** (No need to tell your name.)

	 0120-811-610 (Japanese)	
In 13 languages!	 0120-531-401 (English)	It's toll-free!
【Opening Hours】		
Mon – Fri: 17:00 – 22:00, Sat, Sun, & holidays: 9:00 – 21:00		
(Closed from Dec. 29 to Jan. 3)		

★**The charge for call is free.**

Each language has its own telephone number, and it is toll-free. It is accessible from anywhere in Japan by landlines, cellphones and PHS.

★**Foreign language support is available in 13 languages, if you are not good at speaking Japanese.**

Languages: Japanese, English, Chinese, Portuguese, Spanish, Tagalog (Filipino), Vietnamese, Myanmar, Nepali, Korean, Thai, Indonesian, Cambodian (Khmer), and Mongolian.

Please visit the URL below to find out about the details such as the phone number for your language and its opening hours.

<https://www.check-roudou.mhlw.go.jp/lp/hotline/>