

Do you know what
a Help Mark is?



The Help Mark makes it easier for people with disabilities or serious illnesses who need assistance and consideration to seek support and understanding from the people around them even if their condition is not visible from their appearance.

If you see a person with a Help Mark, please give up your seat on the train or bus and be considerate of them in an emergency or disaster.

◆ Contact information

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About Help Mark Distribution



◆Subjects

Those who have disabilities or serious illnesses which are not visible from their appearance and need consideration or support from those around them, especially in the event of a disaster.



◆Distribution method

Help Marks are distributed to those who request it at specific locations. Documents such as application forms are not necessary.

◆Distribution location

Kencho Chiiki Fukushi-ka (Prefectural Government Regional Welfare Section)

Ken Kaku Fukushi Jimusho/Hokenjo (Prefectural Welfare Office/Public Health Center)

Shogai-sha Sodan Shien Center (Persons with Disabilities Consultation Support Center)

Kaku Shicho Tanto-ka Madoguchi (Municipal Town Division Contact)

◆How to use the Help Mark



Attach the Help Mark to your bag. Write your name, contact information and what kind of support you need on the sticker. Put the sticker on the back of the Help Mark.

※ Please write in Japanese so that Japanese people can understand.

This is a Help Card →

We also distribute Help Cards. You can fill out details about the support you need on the Help Card.

