

For non-Japanese people affected by COVID-19

# FRESC Help Desk

The FRESC Help Desk accepts consultations by phone from non-Japanese people who have lost their jobs or whose lives have otherwise been affected by COVID-19.

We can tell you about help that is available to you, and what you need to do to stay resident in Japan. Please give us a call if you are having any problems.

Days and  
Time

Days : Monday to Friday

Time : 9:00 a.m. to 5:00 p.m.

(Closed on Saturdays, Sundays, or public holidays)

Languages

Japanese, Vietnamese, Chinese, English, Korean  
(日本語) (Tiếng Việt) (中文) (코리언)

Spanish, Portuguese, Nepali, Thai  
(Español) (Português) (नेपाली भाषा) (ภาษาไทย)

Indonesian, Filipino, Burmese, Khmer, Mongolian  
(Bahasa Indonesia) (မြန်မာဘာသာစကား) (ភាសាខ្មែរ) (Монгол)

French, Sinhala, Urdu, Bengali  
(français) (සිංහල) (اردو) (বাংলা)

Telephone (Free Dial)

0 1 2 0 – 7 6 – 2 0 2 9



がいこくじんざいりゅうしえん

外国人留支援センター (FRESC)

<https://www.moj.go.jp/isa/support/fresc/fresc01.html>

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