

「Information on human rights counseling (free service)」

◆General counseling

We provide counseling on human rights. Depending on the content of the counseling, in addition to providing advice and supporting independent resolutions to problems, for highly specialized matters, we can also provide introductions to the appropriate public counseling organizations and other entities as necessary. Counseling is available by phone, in person, online, by email, or by postal mail.

Reservations are required for in person and online counseling, but not for telephone counseling.

Telephone counseling: 03-6722-0124; 03-6722-0125 (please also call these numbers for reservations and/or inquiries)

Monday-Friday, 9:30 am to 5:30 pm (excluding public holidays and the year-end/New Year holidays)

In-person/online counseling days and times: Monday-Friday, 9:30 am to 5:30 pm (mornings only on Tuesdays and Thursdays; counseling not available on public holidays and the year-end/New Year holidays)

E-mail: ippan_sodan@tokyo-jinken.or.jp (please also call these numbers for reservations and/or inquiries)



(E-mail)

◆Legal counseling

Lawyers are available to provide advice regarding human rights violations and legal issues in daily life. Counseling can be made in person, online, or by phone.

Reservations are required for in person and online counseling, but not for telephone counseling.

Reservation phone number: 03-6722-0124

Monday-Friday, 9:30 am to 5:30 pm (excluding public holidays and the year-end/New Year holidays)

Reservation email: sodan001@tokyo-jinken.or.jp

In-person and online counseling days and times: Tuesdays, 1 to 4 pm (excluding the fourth Tuesday of every month, public holidays, and the year-end/New Year holidays)

Telephone counseling: 03-6722-0126; fourth Tuesday of every month, 1 to 4 pm (excluding public holidays and the year-end/New Year holidays)



(Reservation email)

◆Counseling via LINE regarding human rights violations on the Internet

For issues regarding slander or human rights violations occurring on the Internet, we provide counseling via LINE.

Account name: Internet human rights violation counseling @Tokyo

Counseling days: Monday-Friday (excluding public holidays and the year-end/New Year holidays)

Times: 4 to 10 pm (reception until 9:30 pm)



(LINE)

◆Legal counseling regarding human rights violations on the Internet

Lawyers are available to provide advice regarding legal issues in which Internet postings may constitute human rights violations, such as defamation or violation of privacy. Counseling is available in person, online, or by phone.

Reservations are required for in-person and online counseling, but not for telephone counseling.

Reservation phone number: 03-6722-0124

Monday-Friday, 9:30 am to 5:30 pm (excluding public holidays and the year-end/New Year holidays)

Reservation email: sodan001@tokyo-jinken.or.jp

In-person and online counseling days and times: Thursdays, 1 to 4 pm (excluding the fourth Thursday of every month, public holidays, and the year-end/New Year holidays)

Telephone counseling: 03-6722-0126; fourth Thursday of every month, 1 to 4 pm (excluding public holidays and the year-end/New Year holidays)



(Reservation email)

Other

- Note:
- The Human Rights Plaza does not take actions (investigations, guidance, warning, etc.) toward the other parties involved in counseling cases. Also, the lawyer in charge of counseling cannot accept counseling cases.
 - In order to provide counseling for as many people as possible, in principle we will only accept counseling on the same matter once.
 - In principle, counseling is provided only to residents of the Tokyo metropolitan area or persons who commute to the Tokyo metropolitan area for work or school.
 - Please note that counseling will be provided in Japanese.

Address: 1F/2F Shiba 256 Square Building, 2-5-6 Shiba, Minato-ku, Tokyo

Telephone: 03-6722-0123 FAX: 03-6722-0084

Hours: 9:30 - 17:30

Closed: Sundays, year-end/New Year's holidays

Main facilities: Exhibition Room, Seminar Room, Library, Counseling Room

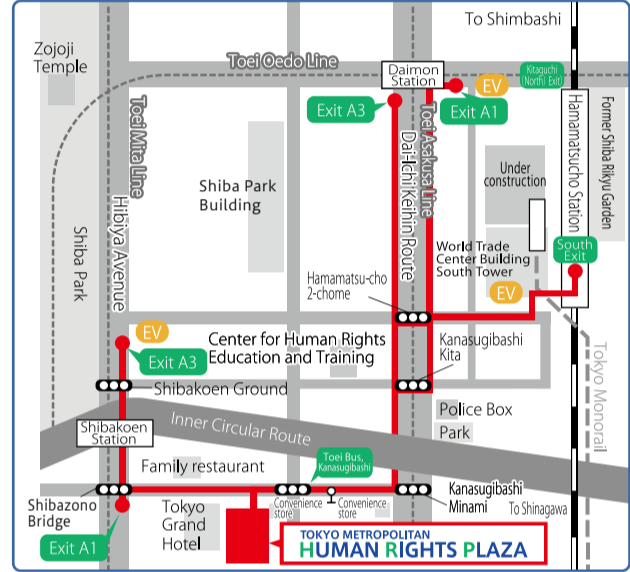
Website: <https://www.tokyo-hrp.jp/>



- Admission: free
- The facility can be entered and viewed by those using wheelchairs, strollers, canes or other walking aids.
- Rental wheelchairs are available free of charge; please inquire at the reception desk.
- Do not bring hazardous items into the facility.
- Please do not bring pets into the facility. Assistance dogs (guide dogs, service dogs, hearing dogs) are welcome.
- Please use the Lobby Gallery area to use a mobile phone.
- Please refrain from smoking within the building, and also from eating or drinking in any space other than the designated area within the building.
- Photography is only allowed for personal use. Please ask at reception if you wish to take videos or use a tripod.
- Please refrain from behavior that could disturb other guests, such as running, shouting or otherwise making loud noise.

Access

- A three-minute walk (about 250 m) from the Exit A1 of Shibakoen Station on the Toei Mita Line
Please use the Exit A3 elevator if you are using a wheelchair or pram/baby stroller.
- A nine-minute walk (about 700 m) from the Exit A3 of Daimon Station on the Toei Asakusa Line and Toei Oedo Line
Please use the Exit A1 elevator if you are using a wheelchair or pram/baby stroller.
- A ten-minute walk (about 800 m) from the South Exit (for Kanasugibashi) of JR/Tokyo Monorail Hamamatsucho Station
Please ask station staff for assistance before exiting the station if you are using a wheelchair or pram/baby stroller.
- The Plaza does not have car or bicycle parking for the general public. Please use public transport for your visit.
- Reserved parking spaces are available for the physically challenged and others who have difficulty using public transport. Please contact in advance of your visit.



TOKYO METROPOLITAN HUMAN RIGHTS PLAZA

The Tokyo Metropolitan Human Rights Plaza is a facility established by the Tokyo Metropolitan Government as a base for promoting education and the awareness of human rights.

The Plaza features exhibition rooms where visitors can enjoy the experience of learning about human rights, a seminar room, a library, and various other facilities. Counseling services related to human rights are also provided.



Hitomi and Kenta visited the Human Rights Plaza. What facility is it?



GUIDE MAP

2F

Library

Visitors can borrow, browse, and read/watch books, DVDs and other materials related to human rights.

Office

Counseling Rooms

We accept counseling regarding human rights.

Counseling is also available here.



Human Rights Zone

5 Human Rights Measures of Tokyo Metropolitan Government

This zone explains Tokyo's human rights policies and 17 human rights issues.

6 Five Human Rights Issues

This zone introduces five human rights issues in detail.

7 Sports and Human Rights

This zone explains the philosophy of the Olympic and Paralympic Games and other sports for disabled persons.

8 "Our Voices"

This zone introduces real voices, people who are involved in various human rights issues.

9 Close-up of Human Rights

This zone introduces themes that deserve special attention.

Special Exhibit Zone

1 Learn with Your Sesame Street Friends! Children's Rights

Have fun learning about children's rights along with your Sesame Street friends.

Lobby Gallery

The Lobby Gallery is a space where visitors can rest and meet with others by serving as another entrance to the promotion of interpersonal exchange.

1F

Special Exhibition Room

This room showcases human rights issues from unique perspectives timely.

Seminar Room

Lectures, workshops, and other events are held here.

Awareness Zone

2 TOKYO Awareness Town

This exhibit promotes the awareness of human rights issues in daily life and the consideration of solutions we can do ourselves.

Experience Zone

3 Experiencing Various Barriers

Here visitors can experience barriers faced by the elderly, people with disabilities, pregnant women, and others.

4 Ainu Culture Experience

Here visitors can experience Ainu culture.



There are a lot of exhibits!

This is a facility where you can learn, experience, enjoy, become aware and understand human rights.



Experience

Enjoy

Become aware

Understand

Permanent Exhibition

Special Exhibit Zone

1 Learn with Your Sesame Street Friends! Children's Rights

The rights of children: to grow up with a healthy mind and body; to be themselves.

To learn about human rights, we provide exhibitions highlighting children's rights. Sesame Street characters will be your guides so that every zone, especially children and young adults, can have fun learning about human rights, and about the UN Convention on the Rights of the Child. Think about human rights, by first knowing about the rights that you have.



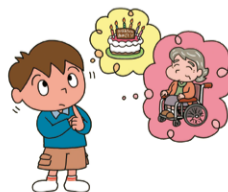
TM and © 2026 Sesame Workshop

Awareness Zone

2 TOKYO Awareness Town



Visitors can take part in a quiz, holding up a tablet to the city diorama to gain awareness and understanding of human rights issues in daily life.



Experience Zone

3 Experiencing Various Barriers

Experience some of the barriers faced by the elderly, people with disabilities and pregnant women, as well as in using a wheelchair.



4 Ainu Culture Experience

Experience Ainu culture, by actually wearing traditional Ainu clothing.



Human Rights Zone

5 Human Rights Measures of Tokyo Metropolitan Government

This zone explains 17 human rights issues and the human rights measures of the Tokyo Metropolitan Government, which aims to create a city that respects human rights.

6 Five Human Rights Issues

This zone provides detailed introductions to five human rights issues: issues for people with disabilities, the Dowa issues, issues for foreign nationals, victims abducted by North Korean authorities, and issues related to gender identity and sexual orientation.

7 Sports and Human Rights

This zone explains the philosophy of the Olympic and Paralympic Games, and other sports for disabled people. On display is the Paralympic Mural, a legacy of the Tokyo 2020 Game, as well as other equipment from the Paralympics.

8 "Our Voices"

This zone introduces the real voices of people involved with the issues of foreigners, Hansen's disease, gender identity, etc.

9 Close-up of Human Rights

This zone introduces themes that are worthy of special focus or are recently drawing attention.

Seminar Room

Provides guidance and other services to participants in lectures, workshops, and group tours organized by the Human Rights Plaza.



Special Exhibition Room

We take a timely and unique perspective for education and awareness programs regarding human rights.



Lobby Gallery

The Lobby Gallery is a space where visitors can rest and meet with others by serving as another entrance to the promotion of interpersonal exchange.



Library

In addition to a collection of about 18,000 books and magazines related to human rights, audiovisual materials such as DVDs are also available. These materials can be borrowed by people who live, work, or go to school in Tokyo.

[Number of items and length of book lending]
Up to 5 books per person, for up to two weeks

◇ Video Library

Around 1,000 awareness videos and DVDs are available to meet diverse training and other needs. A section where they can be viewed is available.

[Number of items and length of audiovisual material lending]
Up to 5 items per person, for up to one week



Counseling Rooms

Requests are accepted for counseling on human rights. People facing difficulties in daily life are invited to make use of this service. All consultations are free of charge. Please be assured that the privacy of counseling is protected.



※ The Human Rights Plaza accepts group tours (reservations required);

◎ Programs for children and students (school trips and study visits)

◎ Training programs for the general public (using exhibition and audiovisual materials)