

### Foreign Housekeepers' Support Contact List

Please contact this office first: ●● Co., Ltd.  
General Affairs Department Welfare Division TEL 043-1234-5678

Please contact the following if you want to talk to someone other than your employer.

- ▶Foreign housekeeper protection (Chiba Prefecture Third Party Management Council Secretariat) **TEL 043-223-2767**  
Chiba Prefecture Employment and Labor Affairs Division  
(Weekdays 8:30~17:15) \*Closed holidays **Mainly in Japanese, English calls will be transferred**
- ▶Basic information on daily life  
Chiba International Center **TEL 043-297-2966**  
(Weekdays 9:00~12:00/13:00~16:00) \*Closed holidays **English available**

**Emergencies** (toll-free) Police **TEL 110** | Fire/Ambulance **TEL 119**

- ▶Human rights (Chiba Regional Legal Affairs Bureau)  
Human Rights Hotline 110 **TEL 0570-003-110**  
(For IP phones/connection problems: **TEL 043-302-1319**)  
(Weekdays 8:30~17:15) \*Closed holidays **Mainly in Japanese, English calls will be transferred**
- ▶Visa and immigration procedures **TEL 0570-013-904**  
Immigration Information Center  
(For IP phones/connection problems: **TEL 03-5796-7112**)  
(Weekdays 8:30~17:15) \*Closed holidays **English available**
- ▶Working conditions **TEL 043-221-2303**  
Chiba Labor Bureau General Labor Matters Consultations  
(Weekdays 9:00~17:00) \*Closed holidays **Mainly in Japanese, English calls will be transferred**

Philippine Embassy **TEL 03-5562-1600**  
(Weekdays 9:00~18:00) \*Closed holidays

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