

Do you want to support your friends or family members?



We will help you improve the ability to support your precious people.



What is “social support”?

Various types of supports that is received by others via social network.

Emotional support To receive empathy, affection, or love

Instrumental support To receive financial assistance, material goods or services

Informational support to receive advice, guidance, suggestion or useful information

Appraisal support to receive constructive feedback, affirmation and social comparison.

By improving the ability to give social support to others, you can:

- reduce your own stress.
- reduce your precious people’s distress.

System chart



Kikutomo Cafe

Stuffs who passed Social Support Training Course will kindly listen to your problems or troubles for 90 min.

I learned how to deal with or tell off people whom I dislike. I felt so happy because Kikutomo assiduously tried to understand my problems about how to deal with others.



Light Ring Time

We will provide you the opportunity to report how you supported others recently, and discuss how you can improve supporting methods, skills and attitude with Kikutomo and other participants.

Light Ring Time always relieves me when I feel a sense of helplessness or blame myself. Sometimes I take a mistake, but this community encourages me to continue to support others.



Social Support Skill Training Course

We will systematically teach you various skills and knowledge to deal with your precious people.

I was so relieved when I realized that I can stop supporting others if I get mentally fatigued. I learned that I can rely on social resources when it's difficult to deal with them by myself.



Kikutomo Training Course

We will train stuffs named "Kikutomo" who supports participants in other three projects mentioned above.

I felt so happy when guests said "Thank you for listening to my problems", and I could build trust with them.



From participant

After I participated in Kikutomo Cafe and Light Ring Time, I recognized that two things are very important. One is that I shouldn't judge the other's character or her sense of values only by looking at her appearance or listening to her choice of words, but rather I should try to understand her feelings using "active listening", and find out her true self. Also I'm trying to consider and solve her problems hand in hand.

The Second one is that I should vary the pace of supporting the other; sometimes I do my best, at other times not.

As a result, She gives me a SOS call far less frequently than she used to when I'm working or sleeping. In addition, She got to try to solve her problems by herself and became confident and positive. Although there remains some problems to solve, I want to continue to support her in reference to Kikutomo's advice.

_____ by T.K. (28) Male

From professional

Every person has the opportunity to face various troubles/worries and feel distressed: studies, course, love, friends and families. One of the solutions may be to take worries all on yourself and suppress your feelings with no help. However, even if some problems still remain unsolved, by talking about your worries to someone, sometimes it takes a load off your mind. You may be able to find some hints to solve the problems. Your precious people who cope with the problems and enjoy everything together will relieve you.

_____ by Tetsuya Shibui

From representative director

Our mission is to make the community of people who supports friends, families or boyfriends/girlfriends. By expanding such communities, we believe both those supporting someone and those supported by someone can live healthy without suffering from depression or addiction. Why don't you join our community?

 twitter **@NPOLightring**

 Kikutomo twitter **@tyanarai**

■About us

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