

The Labor Standards Advice Hotline

The Labor Standards Advice Hotline is an advice line for questions related to working in Japan. You can consult with labor standards specialists free of charge regardless of your country of origin. Anonymous consultations are also available upon request.

Consultations are currently offered in Japanese, English, Chinese, Tagalog, Vietnamese, and Burmese/Nepalese.

English (英語)

Days Available	Mon - Sun
Hours	Mon - Fri 17:00-22:00
	Sat, Sun, Holiday 9:00-21:00
Phone number	0120-004-008

Ministry of Health, Labor and Welfare

<https://www.check-roudou.mhlw.go.jp/lp/hotline/>