

A graphic consisting of three overlapping, stepped rectangles in shades of orange and yellow, resembling a staircase. The text 'STEP UP²⁰²²' is written in white, bold, sans-serif font across the top two steps, and 'TOKYO TOWER CLIMB' is written in white, bold, sans-serif font across the bottom step.

**STEP
UP²⁰²²**
**TOKYO TOWER
CLIMB**

MAKE A DIFFERENCE IN YOUR COMMUNITY

**Climb the Tokyo Tower
or Step Up to save a life!**

TO REGISTER

**TOKYO TOWER CLIMB:
OCTOBER 1 - OCTOBER 2**

STEP UP : SEPTEMBER - OCTOBER

Visit www.tellevts.org
for tickets and more info

JOIN US!

Join the community cup, corporate cup, or school cup for a chance to win the trophy! Gather a team or step up solo for mental health in Japan.

#STEPUP2022 #TalktoTELL



WHAT IS TELL?

TELL is an NPO dedicated to providing counseling and support services to Japan's international community. Not only that but we also address the country's growing mental health care needs

Founded in 1973, TELL provides counseling and outreach services—by online chat or telephone—and helps thousands of people every year. The free, anonymous, and confidential system puts many at ease enough to seek the help that they need. Visit www.telljp.com to view our website.

WHY CLIMB TOKYO TOWER?

It's simple. As an NPO, TELL needs donations to continue offering support and counseling for the people of Japan. The mental-health champion needs helpers to raise awareness and funds for their lifeline services.



WHY STEP UP?

Honor the 21,007 people who lost their lives to suicide in Japan last year by taking action, whether solo or as part of a group, to raise awareness and funds while creating hope! Walk, or do any activity 21,007 times, within 24 hours between September through October to qualify.

