



“How to cope
with living
in a new
country,”



To help Mani's homesickness, the counsellor advises him to video call home or ask for home leave from his employer.

Boss say okay to take leave!



That is great news!



Aru also encourages Mani to join him for activities.

Mani, we should also spend more time outdoors to destress.



Show concern to your roommates by chatting regularly.



There is a community of support to help us when we need it.

It is OKAY
to reach out.



Talk to

your friends, roommates,
supervisors or FAST officers.

Call

If you feel down:

HealthServe (24-hour)

3129 5000

If you need work-related advice:

Migrant Workers' Centre (24-hour)

6536 2692



MINISTRY OF
MANPOWER