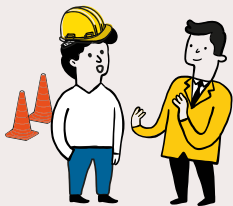


“How to  
handle issues  
at work,”



The FAST officer also encourages Wen Ke to speak to his boss about work expectations.

Thanks for letting me know your injury has not fully healed, Wen Ke. I will adjust your workload.



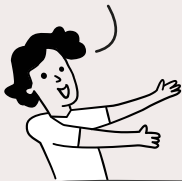
Wen Ke is able to manage his time and work better after the discussion.

You look happier now, brother.



We should speak up when we face any problems.

Sharing our worries is the first step to getting the support we need to feel better.



**“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**



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