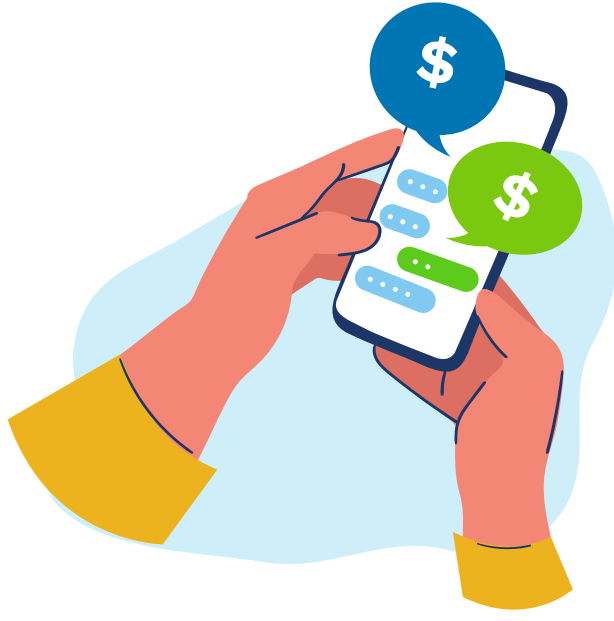


# Ways to support your MDW's mental well-being



## Dear Employer

Our migrant domestic workers play an invaluable role in many households, providing support for families in Singapore to maintain their daily lives. As they care for others, it is crucial to recognise the stresses that may impact their mental well-being. Understanding and addressing your MDW's mental well-being is essential for a harmonious work and living environment for her.



### Personal problems

Your MDW may encounter personal problems, such as relationship issues or a sudden request to send additional money back home. Living away from their families and communities may also lead to feelings of helplessness to address the problems.

### Adjusting to a new environment

First-time MDWs in Singapore may face homesickness and difficulties adjusting to our cultural differences and language barriers.



### Work demands

Constant caregiving for others could take a toll on the mental well-being of your MDW, especially if she is new to the household or this area of work.

## Signs of distress



### Withdrawal

Sudden isolation or withdrawal from social interactions and activities.



### Irritability or mood swings

Frequent mood changes, irritability, or sadness.



### Fatigue and sleep difficulties

Changes in sleep patterns, including insomnia or excessive sleep.



### Decreased performance

Drop in work performance or attention to detail.



### Unhealthy thoughts

Talking about dying; appears to be in a constant state of fear.

## Supporting her mental well-being



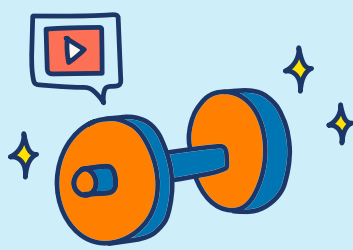
### Open communication

Encourage non-judgemental communication. Create an environment where your MDW feels comfortable discussing stresses they face.



### Show appreciation

A simple thank-you or gesture of gratitude can go a long way.



### Rest and self-care

Encourage her to take part in healthy activities and form networks of support outside the household.



### Provide resources

Offer information about local support groups, counselling services or mental health helplines she can contact, if needed.

## Did You Know?



MDWs must always have unrestricted access to their passport and work permit.

If you are currently holding onto any of these items for safekeeping, do return them to your MDW immediately as it is an offence for employers to retain them.