

Dear Employment Agency Key Appointment Holders and personnel

The COVID-19 situation has been challenging for everyone and has also brought mental health issues to the fore. To better support the mental well-being of our MDWs, MOM has produced the following new materials:

- [“A Guide to Enhancing your Migrant Domestic Worker’s Mental Well-being”](#) that advises MDW employers to look out for early signs of distress in their MDWs and be aware of various support channels to seek help.
- “A Guide to Enhancing your Mental Well-being” (in [English](#), [Bahasa Indonesia](#), [Burmese](#), [Tagalog](#), and [Tamil](#)) that shares practical tips on caring for their mental well-being and practical information on how to seek help with the MDWs.

We seek your support to encourage MDWs and their employers to download the guides for their benefits. If you have any feedback on this initiative, do drop us an email at mom_fmmd@mom.gov.sg. Together, let us make a difference and play our part to enhance the ecosystem of support for both MDWs and their employers.

Thank you.

MINISTRY OF MANPOWER