

# INFOCUS



## How well is your helper coping with working and living in Singapore?

Dear Employer,

Migrant domestic workers (MDWs) play an important role in our families. Do regularly check in with your MDW to see how well she is coping with working and living in Singapore, or if she is facing any issues back home. If you spot potential signs of distress, do contact MOM, Centre for Domestic Employees (CDE), Foreign Domestic Worker Association for Social Support and Training (FAST) or Samaritans of Singapore (SOS) for assistance on behalf of your MDW.

### When communicating with your MDW, do remember:



Give her time to learn and adjust. Compliment her when she does well.



Be sensitive towards possible cultural and religious differences.



Encourage your MDW to spend their rest days meaningfully, e.g. attending courses or meet up with her friends.

### Look out for signs of distress in your MDW:



- Appears withdrawn or depressed
- Shows lack of concentration
- Exhibits changes in sleep patterns or appetite
- Shows emotional instability (e.g. frequent crying)

### If you spot signs of distress in your MDW, you can call:

**MOM Migrant Domestic Worker Helpline**  
1800 339 5505



**Centre for Domestic Employees (CDE)**  
1800 2255 233  
(native language available)  
[contact@cde.org.sg](mailto:contact@cde.org.sg)



**Foreign Domestic Worker Association for Social Support and Training (FAST)**  
1800 339 4357  
(native language available)  
[enquiry@fast.org.sg](mailto:enquiry@fast.org.sg)



**Samaritans of Singapore (SOS)**  
1800 221 4444

You may also contact your employment agency

### Did you know?

If you require your MDW to care for your child or parent at a relative's house, you must get your MDW's written agreement. Do notify MOM [via this link](#) before she assumes duties under such an arrangement. If you have already started on this arrangement, please notify MOM immediately.

For more information, please visit the MOM website [here](#).