

INFOCUS



INFOCUS is a monthly publication that provides advice and tips to help employers build a positive working relationship with their migrant domestic workers

Look out for your helper's mental well-being



Dear Employer,

As we observe World Mental Health Day in October 2022, why not share some **tips** with your Migrant Domestic Worker (MDW) on how she can improve her mental well-being? Check in with her regularly. Advise her to speak to someone or seek help if she is stressed. An MDW who can handle stress and tackle the different demands in their lives can better support and care for your family.

How do you identify stress?

Although stress is always present in our lives, it can be managed. Look out for the following signs and symptoms of stress in your MDW:

-  **Disturbed sleep**
She might be sleeping more or lesser hours than usual.
-  **Changes in appetite**
She might be eating too much or not eating.
-  **Social withdrawal**
She might show lack of interest, avoid eye contact and appear listless.
-  **Irritability**
She might get frustrated or upset easily.
-  **Drop in quality of work**
She might not complete her tasks properly or forget to do certain tasks.

Help and support is readily available

If you notice that your MDW appears to be having difficulties handling stress, encourage her to call these helplines. You can also call these helplines on behalf of your MDW.

MOM Helpline for MDWs: 1800 339 5505

Foreign Domestic Worker Association for Social Support and Training (FAST): 1800 339 4357

Centre for Domestic Employees (CDE): 1800 225 5233

Association of Employment Agencies (AEAS): 6836 2618



Did you know?

MOM has a guide on how you can enhance your MDW's Mental Well-being [here](#).

You can also equip yourself with practical skills to help yourself and those around you cope with stress, through this [illustrated guide by the World Health Organisation](#).

