

# INFOCUS



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

## Support your helper's mental well-being



Dear Employer,

A Migrant Domestic Worker (MDW) who is more engaged will be able to do her work well. You play an important role in supporting your MDW's mental well-being. Check in regularly with her. Do encourage her to manage her finances wisely. Advise her to call a helpline if she is stressed or needs to speak with someone.

### Check in to 'HEAR' your MDW out



**H**old regular chats.



**E**ncourage her to share any issues she may be facing.



**A**ctively listen without judgement.



**R**eassure her that help is available.

### Encourage your MDW to manage her money wisely

Some tips to share with her:

- 1 Write down her financial goal(s) (e.g. buying a plot of land).
- 2 Budget to save a fixed amount every month.
- 3 Help her understand her "needs" from her "wants".
- 4 Encourage her to attend free courses on money management offered by Aidha ([www.aidha.org/course](http://www.aidha.org/course)).



### Advise your MDW to seek help

If your MDW is under stress or needs someone to talk to, advise her to call the helplines below. You can also call the helplines on her behalf.

- MOM's MDW Helpline: 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 Singapore (AEAS): 6836 2618

