

## Noticed signs of stress in your helper? Get help from a mental well-being expert.

### Dear Employers,

Your helper's mental well-being is just as important as her physical health. If she is overly stressed, she may have difficulty concentrating on her work, leading to higher risks from work injuries or even her harming herself.

Let Josephine Tham, Head of Care of Brahm Centre, share answers to some questions about recognising and managing stress in migrant domestic workers (MDWs).

Ms Tham is a mental health professional with Brahm Centre and has three decades of experience in nursing and mental health care.

Launched in 2012, Brahm Centre is a registered charity that empowers people to stay physically and mentally well through science-based mindfulness programmes as well as courses and talks by healthcare professionals.

### How can I tell if my MDW is experiencing distress?

#### Watch out if she:

- Looks tired even in the morning
- Looks zoned out, sad or worried
- Keeps forgetting things or accidentally breaks items
- Eats much less or more than usual



### Are there specific causes of stress that I should be aware of?

#### Unfamiliarity

She may not be familiar with her task (e.g. caring for an elder), appliances (e.g. induction stoves) or environment (e.g. high-rise buildings).

#### Isolation

Being in a foreign land without her network of family and friends may make her feel that she is all alone and unsupported.

#### Rest

She may not be getting enough quality sleep, or doesn't have enough time outside of work to do things that she enjoys, which allows her to recharge.

### What can I do to help her?

Make her feel a sense of belonging to your family. Praise her when she does a good job. If she needs more guidance, be firm yet kind—never shout. Draw up a timetable so she and your family know her routine. Give her enough time to rest and eat.

### What if she hides her mental well-being issues due to a fear of being stigmatised?

Normalise the discussion of mental well-being. Let her know it's okay to experience stress or anxiety at times. Allow her to feel safe about opening up without fear of being criticised or punished. Acknowledge her feelings and give her time and space to express them.

### Who should I reach out to if she experiences stress?

Brahm Centre provides mental health support for MDWs experiencing undue stress. Alternatively, she may also reach out to MOM or CDE.

MOM MDW Helpline (native speakers available)	1800 339 5505 +65 6339 5505 for overseas callers
Brahm Centre	84275196 (Burmese) 98949505 (Tamil/Hindi)
Centre for Domestic Employees (CDE)	1800 225 5233

Curious about why you should be concerned about your helper's mental well-being?

[Learn more](#)



## Event Highlights

### Yoga Session

5 May  
11am - 12 noon

Aidha's MDWs-only session helps them energise their body, mind and soul while guided by a trained expert!

FREE

[Learn more](#)



### Dealing With Stress Workshop

19 May  
10.30am - 12.15pm

Aidha's workshop for MDWs teaches them how to beat stress with powerful tools and techniques!

FREE

[Learn more](#)

### AEA(S) Fun Club

Let your MDW rest and recharge with friends in a safe space that's exclusively for helpers! She can de-stress with activities like exercise, art sessions, language classes and more.



[Register here](#)



### Centre for Domestic Employees (CDE) Survey

Till end of May

Scan this QR code to help CDE gauge the type of training that it should offer to enhance your MDW's skills!

## Did You Know?

It may seem convenient to get your helper to assist with your home-based business or even carry out simple chores at your food stall or shop. But this is not allowed. She must only perform household chores at your residential address, as declared to the Ministry of Manpower (MOM) in her Work Permit.

[Learn more](#)

### Help your MDW stay safe and compliant with the law

By signing up for the MOM WhatsApp Channel for MDWs, she will:

- Receive important messages and practical tips about working in Singapore, like how to avoid scams and loansharks.
- Find answers to questions on employment or well-being issues any time through an infobot.



Send her this QR code to subscribe now!

[Or, let her sign up here](#)

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