

SUPPORT THE WELL-BEING OF YOUR WORKERS

We seek your support to show care and concern to employees who may be in distress, and may require prompt medical attention.

1. Signs to look out for



- Some signs to look out for:
 - Withdrawing to themselves
 - Dependency on alcohol
 - Change in behavior
 - Difficulty in performing tasks, absenteeism

2. Buddy System



- Set up a buddy system to help your workers support each other.
- The buddy can be someone who speak the same language and belongs to the same culture. This provides familiarity & comfort.

3. Helplines



- If your workers need to speak to someone, there are multi-language helplines available:
 - HealthServe: **+65 3138 4460**
 - Migrant Workers' Centre (24/7 daily): **+65 6536 2692**
 - Hear4U (Mon-Fri, Whatsapp): **+65 6978 2722 (Tamil), +65 6978 2723 (Bengali), +65 6978 2724 (Mandarin), +65 6978 2725 (English)**

4. Primary Care & Medical Services



- Telemedicine consultations are available on FWMOMCare app (free of charge)
- Regional Medical Centres continue to provide medical care for your workers.
- In case of an emergency, call 995 or 999