



“How to deal
with personal
problems,”

Brother, I need to
send money back
home this month but...



Win, you look stressed.
I am here to listen.
Or do you want to try
speaking to a FAST officer?

While chatting, the
FAST officer learns
Win needs help with
remittance.

This app... easy to
use... no hidden fees.



The FAST officer also gets an ACE nurse to help with Win's low mood.



The nurse also teaches Win stress coping skills and where to get support.

Try talking to counsellors from HealthServe or if you feel unwell, visit the nearest medical centre.



Remember not to bottle up your emotions. It is okay to reach out to the people around you for support.



“It is OKAY”
to reach out.



Talk to

your friends, roommates,
supervisors or FAST officers.

Call

If you feel down:

HealthServe (24-hour)

3129 5000

If you need work-related advice:

Migrant Workers' Centre (24-hour)

6536 2692



MINISTRY OF
MANPOWER