



CDE and Silver Ribbon enhances mental well-being for migrant domestic workers

CDE unveils at an International Migrants' Day event new mental health initiatives, workshops, and training to support and empower migrant domestic workers in Singapore.

By Ian Tan Hanhonn 08 Dec 2024



"Empowering Me" is the theme of this year's International Migrants' Day celebrations by the Centre for Domestic Employees.

The [Centre for Domestic Employees \(CDE\)](#) marked this year's International Migrants' Day with a special focus on enhancing mental well-being support for Singapore's migrant domestic workers (MDW).

The initiative was formalised on 8 December 2024 with a partnership between CDE and [Silver Ribbon \(Singapore\)](#) at a celebration held at Resorts World Convention Centre.

The International Migrants' Day celebration event was themed 'Empowering Me' and emphasised MDWs' personal growth, self-care, and the invaluable contributions they make to households and communities.

The collaboration between CDE and SRS will strengthen mental health support for MDWs by providing free counselling services, mental well-being workshops, and resources for employers to support their domestic employees better.

To further address MDWs' mental health needs, CDE and Silver Ribbon will conduct an online survey from December 2024 to March 2025. They will then use the insights from the survey to tailor programmes and services to ensure they align with the real challenges faced by MDWs.

NTUC Migrant Workers Segment Director Michael Lim said: "Through the 'Empowering Me' theme and our partnership with Silver Ribbon, we aim to equip MDWs with the resources they need to thrive both professionally and personally."

Silver Ribbon Executive Director Porsche Poh emphasised the importance of the partnership. Ms Poh is also the [World Health Organization \(WHO\)](#) Temporary Adviser on Technical Consultation on the Loneliness within Western Pacific Region.

"Earlier studies revealed high levels of stress and loneliness among domestic workers. This initiative creates a safe space for them to learn about mental well-being and share their experiences. It aligns with WHO's global efforts to promote social cohesion and reduce isolation," she said.

Upskilling initiatives for MDWs

In line with the theme of empowerment, CDE introduced a range of upskilling workshops to boost MDWs' confidence and workplace capabilities.

These included yoga sessions, language lessons, cooking workshops, and digital literacy classes. In September 2024, CDE also partnered with [Healthcare Academy \(HCA\)](#) to launch an Eldercare and Caregiver's Selfcare course. The course aimed to equip MDWs with essential caregiving skills. So far, more than 120 MDWs have participated in over 12 sessions, and feedback has been positive.

In 2025, CDE plans to expand caregiving training to meet growing household needs.

There will be new courses to cover conversational dialects such as Teochew, Hokkien, and Cantonese, along with specialised training in dementia and infant care.



Over 1,000 migrant domestic workers joined the celebrations at the Resorts World Convention Centre.

Celebrating contributions and empowering the future

Minister of State for [Manpower](#) and [Education](#) Gan Siow Huang was the guest of honour at the event.

CDE also recognised the top contributors to its [Domestic Employees Welfare Fund \(DEWF\)](#) as part of the celebrations.

DEWF provides financial aid, shelter, and medical and legal support to distressed MDWs.

Ms Gan presented commemorative plaques and a crochet tree crafted by an MDW to acknowledge the donors' generosity.

More than 1,000 MDWs attended the event, with over 800 enjoying exclusive access to the S.E.A. Aquarium, engaging performances, games, and lucky draws.

[Are you a domestic worker in need of employment support? Visit our Centre for Domestic Employees website for more details.](#)