USEFUL TELEPHONE NUMBERS

If you need help at any time, you can call the numbers below for assistance:

Important Numbers	
Police	999
Fire / Ambulance Service	995
Ministry of Manpower	
Matters relating to employment, salary and well-being of migrant workers	6438 5122
Workplace Safety and Health Council	
Matters relating to workplace saftey	6317 1111
Non-Government Organisations	
MWC (Migrant Workers' Centre) - Matters relating to employment or when you require assistance	6536 2692 (24-hour helpline)
SOS (Samaritans of Singapore) - Help for personal issues, counselling for depression, etc.	1800 2214 444 (24-hour helpline)
HealthServe - Help on medical care, counselling, social assistance.	3138 4443 (24-hour helpline)
Embassies / High Commissions	
High Commission of the People's Republic of Bangladesh	6255 0075
Embassy of the People's Republic of China	6412 1900
High Commission of India	6238 2537
Embassy of the Republic of Indonesia	6737 7422
Malaysian High Commission	6235 0111
Embassy of the Union of Myanmar	6735 1672
High Commission of the Islamic Republic of Pakistan	6737 6988

Embassy of the Republic of Philippines	6737 3977
High Commission of the Democratic Socialist Republic of Sri Lanka	6254 6773
Royal Thai Embassy	6224 1797

Do not hesitate to seek help when you are feeling stressed or pressured. If you are feeling down or having problems at home, speak to someone. If you do not know who to turn to, help is available when you call the telephone numbers above. Remember that there's always someone available to resolve your problems.

Approach MOM or TADM for Help

If you face employment issues, you can contact **MOM** at **6438 5122** for assistance.

If you have salary issues, you can approach **TADM** for assistance. TADM is located at MOM Services Centre Level 3, 1500 Bendemeer Road, Singapore 339946.

If your employer attempts to send you home forcibly without settling any of your salary, claims, or cases, you should approach the officers at the airport immigration counters for assistance. MOM will help you.