

## Safe and Fair:

Realizing women migrant workers' rights and opportunities in the ASEAN region

# Service Directory for Women Migrant Workers in the ASEAN region

## Singapore

[bit.ly/services4wmw](https://bit.ly/services4wmw)



English, ភាសាខ្មែរ,  
Bahasa Indonesia, Tagalog  
မြန်မာဘာသာ, Tiếng Việt



**Spotlight Initiative**  
To eliminate violence against women and girls



## About the Service Directory

- Effective coordination and referrals are essential to respond to the needs of Women Migrant Workers subject to Violence.
- Safe and Fair has created a regional service directory for this purpose (a comprehensive service directory is also being developed and will be available shortly).
- The service directory enables referrals of women, including women migrant workers survivor of violence, by sharing information on available violence against women (VAW) specialized service providers across the region.
- The list includes the leading organizations providing support to survivors of violence against women migrant workers in Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, the Philippines, Thailand and Vietnam.
- Services featured in the directory include the health, police/justice, social, labour sectors and hotlines and shelters, and they are a core set of critical essential services responding to the needs of women migrant workers subject to violence in ASEAN.





# Who to contact for **HELP** in Singapore



## Health

**National Care Hotline**  
1800-202-6868  
(8am-12am daily, from 1 Sep 2020)

**Fei Yue's Online  
Counselling Service**  
<https://www.ec2.sg>

**Institute of Mental  
Health's Mental Health  
Helpline**  
6389-2222

**Samaritans of Singapore**  
1800-221-4444

**Silver Ribbon Singapore**  
6385-3714

## Police/Justice

**Police emergency**  
999

**Police Hotline (For crime-  
related information)**  
1800 255 0000

## Labour

**Foreign Domestic Worker  
Association for Social  
Support and Training  
(FAST)**  
24 hotline: 1 800 339 4357  
Tel: 1800-339-4357  
Web: [www.fast.org.sg](http://www.fast.org.sg)  
Email: [enquiry@fast.org.sg](mailto:enquiry@fast.org.sg)

## Social Sector

**HOME (Humanitarian  
Organization for Migration  
Economics)**

- Web: [www.home.org.sg](http://www.home.org.sg)
- Helpline for domestic workers:  
1800 797 7977 (Toll-free)
- Whatsapp / Viber / SMS: +65  
9787 3122
- General inquiries: +65 9625  
4193

**PAVE Integrated Services for  
Individual and Family Protection**  
Tel: 6555-0390  
Web: [www.pave.org.sg/index.php](http://www.pave.org.sg/index.php)

**Project StART**  
Tel: 6476-1482  
Web:  
[www.carecorner.org.sg/family-  
violence](http://www.carecorner.org.sg/family-violence)

## Hotline & Shelter

**Singapore Council of  
Women's Organisations  
(SCWO) – Star Shelter**  
Call: +(65) 6571-0192  
+(65) 6571 0193  
+(65) 6571 0191

**AWARE**  
Helpline: 1800 777 5555  
Web: [www.aware.org.sg](http://www.aware.org.sg)

**TRANS SAFE Centre**  
Tel: 6449 9088

**TRANS SAFE Centre**  
Tel: 6449-9088



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# ប្រទេសសិង្ហបុរី



## សេវាសុខភាព

ខ្សែទូរស័ព្ទរាយការណ៍ព័ត៌មានទាន់ហេតុការណ៍សម្រាប់ផ្តល់ការថែទាំនៅថ្នាក់ជាតិ: 1800-202-6868 (៨ ព្រឹក-១២ថ្ងៃក្រុង ជារៀងរាល់ថ្ងៃ ចាប់ពីថ្ងៃទី ១ ខែ កញ្ញា ឆ្នាំ ២០២០ ទៅ)

## សេវាសុខភាពផ្លូវចិត្ត

- [សេវាផ្តល់ប្រឹក្សាតាមប្រព័ន្ធអនឡាញរបស់ វៃ យី \(Fei Yue\)](#)
- ខ្សែទូរស័ព្ទផ្តល់ជំនួយ សុខភាពផ្លូវចិត្តរបស់វិស្វានសុខភាពផ្លូវចិត្ត (6389-2222)
- អង្គការសាមារីថាន់នៃប្រទេសសិង្ហបុរី (Samaritans of Singapore) (1800-221-4444)
- [អង្គការរិទ្ធិបូទីកប្រាក់របស់សិង្ហបុរី \(Silver Ribbon Singapore\)](#) (6385-3714)

## នគរបាល/សេវាយុត្តិធម៌

- សេវាសង្គ្រោះបន្ទាន់របស់ប៉ូលីស: 999
- ខ្សែទូរស័ព្ទរាយការណ៍ទាន់ហេតុការណ៍របស់ប៉ូលីស (សម្រាប់ព័ត៌មានដែលពាក់ព័ន្ធនឹងបទល្មើស) : 1800 255 0000

## ការងារ

សមាគមអ្នកធ្វើការតាមផ្ទះជាជនបរទេសសម្រាប់ផ្តល់ការគាំទ្រសង្គមនិងការបណ្តុះបណ្តាល (FAST)

- ខ្សែទូរស័ព្ទទាន់ហេតុការណ៍ ២៤ ម៉ោង: 1 800 339 4357
- ទូរស័ព្ទ: 1800-339-4357
- គេហទំព័រ: [www.fast.org.sg](http://www.fast.org.sg)
- អ៊ីមែល: [enquiry@fast.org.sg](mailto:enquiry@fast.org.sg)

## វិស័យសង្គមកិច្ច

HOME (អង្គការមនុស្សធម៌សម្រាប់លើកកម្ពស់សេដ្ឋកិច្ចរបស់ជនចំណាកស្រុក)

- [គេហទំព័រ: https://www.home.org.sg/](https://www.home.org.sg/)
- ខ្សែទូរស័ព្ទផ្តល់ជំនួយសម្រាប់អ្នកធ្វើការតាមផ្ទះ: 1800 797 7977 (ដោយមិនគិតថ្លៃ) +65 9787 3122 (ផ្ញើតាមវ៉ត់ស្តាប (Whatsapp) / វាយប៊ី (Viber) / សារជាអក្សរ)
- លេខទូរស័ព្ទសម្រាប់សួរសំណួរទូទៅ: +65 9625 4193

PAVE សេវាចម្រុះសម្រាប់ផ្តល់ការការពារដល់បុគ្គល និងគ្រួសារ

- ទូរស័ព្ទ: 6555-0390
- គេហទំព័រ: <http://www.pave.org.sg/index.php>
- គម្រោង StART
- គេហទំព័រ: <http://www.carecorner.org.sg/family-violence>
- ទូរស័ព្ទ: 6476-1482
- [TRANS SAFE Centre](#) (6449-9088)





# Kontak untuk **BANTUAN** di Singapura



## Kesehatan

### National Care Hotline

- 1800-202-6868  
(8am-12am daily)

### Kesehatan Mental

- Fei Yue's Online Counselling  
Service: <https://www.ec2.sg>

### Lembaga Kesehatan Mental Helpline

- 6389-2222

### Samaritans of Singapore (SOS)

- 1800-221-4444

### Silver Ribbon Singapore

- 6385-3714  
• [www.silverribbonsingapore.com](http://www.silverribbonsingapore.com)

## Kepolisian/Pengadilan

### Kontak Darurat Kepolisian

- 999

### Hotline Kepolisian (untuk informasi terkait tindak kejahatan)

- 1800 255 0000

## Sosial

### HOME (Organisasi Kemanusiaan untuk Perekonomian Migrasi)

- Web: [www.home.org.sg](http://www.home.org.sg)
- Helpline untuk Pekerja Rumah  
Tangga: 1800 797 7977 (Toll-free),  
+65 9787 3122 (Whatsapp/ Viber/  
SMS)
- Untuk pertanyaan umum: +65  
9625 4193

### PAVE layanan terpadu untuk pelindungan individu dan keluarga

- Tel: 6555-0390
- Web:  
[www.pave.org.sg/index.php](http://www.pave.org.sg/index.php)

### Project StART

- Web:  
[www.carecorner.org.sg/family-violence](http://www.carecorner.org.sg/family-violence)
- Tel: 6476-1482

### TRANS SAFE Centre

- 6449-9088

## Ketenagakerjaan

### Asosiasi Pekerja Rumah Tangga Asing untuk Bantuan Sosial dan Pelatihan (FAST)

- 24 hotline: 1 800 339 4357
- Tel: 1800-339-4357
- Web: [www.fast.org.sg](http://www.fast.org.sg)
- Email: [enquiry@fast.org.sg](mailto:enquiry@fast.org.sg)

## Hotline dan Rumah Aman

### Dewan Organisasi Perempuan Singapura (SCWO) – Rumah Aman Star

- Tel: +(65) 6571-0192, +(65) 6571  
0193, +(65) 6571 0191

### AWARE

- Helpline: 1800 777 5555
- Web: [www.aware.org.sg](http://www.aware.org.sg)

### TRANS SAFE Centre

- Tel: 6449 9088



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# စင်ကာပူနိုင်ငံမှာ သင် “အကူအညီ” လိုလာပြီဆိုရင် ဘယ်သူ့ကို ဆက်သွယ်ရမလဲ



## ကျန်းမာရေးဝန်ဆောင်မှု

နိုင်ငံလုံးဆိုင်ရာ ကျန်းမာရေးဝန်ဆောင်မှု ဆက်သွယ်နိုင်သည့်ဖုန်းနံပါတ် ၁၈၀၀-၂၀၂-၆၈၆၈ (စက်တင်ဘာလ ၁ ရက်နေ့ ၂၀၂၀ မှ စ၍ နေ့စဉ် မနက် ၈ - ၁၂ နာရီ)

(Fei Yue)ဖေးယူ၏ အွန်လိုင်းမှ ဆွေးနွေးမှု ပြုလုပ်နိုင်သည့် ဝန်ဆောင်မှု <https://www.ec2.sg>

စိတ်ကျန်းမာရေးတက္ကသိုလ်၏ စိတ်ကျန်းမာရေး ဝန်ဆောင်မှုရယူရန် ဆက်သွယ်နိုင်သည့် ဖုန်းနံပါတ် ၆၃၈၉-၂၂၂၂

စင်ကာပူနိုင်ငံ၏ စမာရီတန်အဖွဲ့ (Samaritans) ဖုန်း - ၁၈၀၀-၂၂၁-၄၄၄၄

စင်ကာပူနိုင်ငံ၏ ဆေးလ်ဗား ရည်ဗွန်အဖွဲ့ (Sliver Ribbon) ဖုန်း - ၆၃၈၅-၃၇၄၄

## ရဲတပ်ဖွဲ့/တရားဥပဒေစိုးမိုးရေး

ရဲတပ်ဖွဲ့သို့ အရေးပေါ် ဆက်သွယ်ရန်ဖုန်းနံပါတ် ၉၉၉

ရဲတပ်ဖွဲ့သို့ ဆက်သွယ်နိုင်သည့်ဖုန်းနံပါတ် (Hotline)(ရာဇဝတ်မှုများနှင့် စပ်လျဉ်းသည့် သတင်းအချက်အလက်များအတွက်) ၁၈၀၀ ၂၅၅ ၀၀၀၀

## လူမှုရေးအသင်းအဖွဲ့များ

ဟုမ်း (HOME) - စီးပွားရေးအလိုငှာ ရွှေ့ပြောင်းသွားလာမှုအတွက် လူသားချင်းစာနာထောက်ထားမှုဆိုင်ရာ အဖွဲ့အစည်း

- ဝတ်ဆိုင် (Web) - [www.home.org.sg](http://www.home.org.sg)
- အိမ်အကူလုပ်သားများ ဆက်သွယ်နိုင်သည့်ဖုန်း - ၁၈၀၀ ၇၉၇ ၇၉၇၇ (အဝေးပြောခဲ ပေးရန်မလို)
- Whatsapp/Viber/SMS: +၆၅ ၉၇၈၇ ၃၂၂၂
- သိလိုသည်များကို ဆက်သွယ်စုံစမ်းနိုင်သည့် ဖုန်း - +၆၅ ၉၆၅၅ ၄၁၉၃

ပေဖဲ (PAVE) - လူတစ်ဦးချင်းစီနှင့် မိသားစုကို ကာကွယ်မှုပေးနိုင်သည့် ဘက်ပေါင်းစုံ ပေါင်းစည်းပေါင်းစည်း ဝန်ဆောင်မှု ဖုန်း - ၆၅၅၅-၀၃၉၀  
ဝတ်ဆိုင် (Web) - [www.pave.org.sg/index.php](http://www.pave.org.sg/index.php)

စတတ်(START) စီမံကိန်း ဖုန်း - ၆၄၇၆-၁၄၈၂  
ဝတ်ဆိုင် (Web) - [www.carecorner.org.sg/family-violence](http://www.carecorner.org.sg/family-violence)

ထရန်ဆေး (TRANS SAFE) စင်တာ ဖုန်း - ၆၄၄၉-၉၀၈၈

## (Hotline) ဖုန်းနံပါတ် နှင့် ခိုလှုံရာဂေဟာ

စတာ(Star)ဂေဟာ - စင်ကာပူ အမျိုးသမီးအဖွဲ့အစည်းများဆိုင်ရာ ကောင်ဆယ် (SCWO) ဖုန်း - + (၆၅) ၆၅၇၁-၀၁၉၁၊ + (၆၅) ၆၅၇၁-၀၁၉၂၊ + (၆၅) ၆၅၇၁-၀၁၉၃

အဝဲ (AWARE) ဆက်သွယ်ရန်ဖုန်း - ၁၈၀၀ ၇၇၇ ၅၅၅၅  
ဝတ်ဆိုင် (Web) - [www.aware.org.sg](http://www.aware.org.sg)

ထရန်ဆေး (TRANS SAFE) စင်တာ ဖုန်း - ၆၄၄၉-၉၀၈၈

## အလုပ်သမားအဖွဲ့အစည်းများ

နိုင်ငံခြားသား အိမ်အကူလုပ်သားများအတွက် လူမှုရေးကူညီမှုနှင့် သင်တန်းပေးခြင်းဆိုင်ရာ အသင်း (FAST) (Hotline) ဖုန်း - ၁၈၀၀-၃၃၉၆-၄၃၇၇  
ဝတ်ဆိုင် (Web) - [www.fast.org.sg](http://www.fast.org.sg)  
အီးမေးလ် (Email) - [enquiry@fast.org.sg](mailto:enquiry@fast.org.sg)





# Sino ang puwedeng hingan ng **TULONG** sa Singapore



## Kalusugan

**National Care Hotline**  
1800-202-6868  
(8am-12am daily, from 1 Sep 2020)

**Fei Yue's Online  
Counselling Service**  
<https://www.ec2.sg>

**Institute of Mental  
Health's Mental Health  
Helpline**  
6389-2222

**Samaritans of Singapore**  
1800-221-4444

**Silver Ribbon Singapore**  
6385-3714

## Kapulisan/ Katarungan

**Police emergency**  
999

**Police Hotline (For crime-  
related information)**  
1800 255 0000

## Kagawaran ng Kalusugan

**Foreign Domestic Worker  
Association for Social  
Support and Training  
(FAST)**

24 hotline: 1 800 339 4357  
Tel: 1800-339-4357  
Web: [www.fast.org.sg](http://www.fast.org.sg)  
Email: [enquiry@fast.org.sg](mailto:enquiry@fast.org.sg)

## Sektor Panlipunan

**HOME (Humanitarian  
Organization for Migration  
Economics)**

- Web: [www.home.org.sg](http://www.home.org.sg)
- Helpline for domestic workers:  
1800 797 7977 (Toll-free)
- Whatsapp / Viber / SMS: +65  
9787 3122
- General inquiries: +65 9625  
4193

**PAVE Integrated Services for  
Individual and Family Protection**  
Tel: 6555-0390  
Web: [www.pave.org.sg/index.php](http://www.pave.org.sg/index.php)

**Project StART**  
Tel: 6476-1482  
Web:  
[www.carecorner.org.sg/family-  
violence](http://www.carecorner.org.sg/family-violence)

**TRANS SAFE Centre**  
Tel: 6449-9088

## Hotline & Shelter

**Singapore Council of  
Women's Organisations  
(SCWO) – Star Shelter**  
Call: +(65) 6571-0192  
+(65) 6571 0193  
+(65) 6571 0191

**AWARE**  
Helpline: 1800 777 5555  
Web: [www.aware.org.sg](http://www.aware.org.sg)

**TRANS SAFE Centre**  
Tel: 6449 9088



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# Ai có thể **GIÚP ĐỠ** bạn tại Sing-ga-po



## Y tế

### Trung tâm chăm sóc Quốc gia

Hotline: 1800-202-6868  
(8.00-12.00 hàng ngày, từ 1/9/2020)

### Hỗ trợ sức khỏe tinh thần

Dịch vụ tham vấn trực tuyến Fei Yue's Online Counselling Service  
<https://www.ec2.sg>

### Viện tâm thần và hỗ trợ tâm lý

6389-2222

### Samaritans of Singapore

1800-221-4444

### Silver Ribbon Singapore

6385-3714

## Pháp lý

### Đường dây nóng

999

### Tổng đài cảnh sát (thông tin liên quan tới tội phạm)

1800 255 0000

## Lao động/Việc làm

### Hiệp hội người lao động đi cư giúp việc gia đình đối với trợ giúp xã hội và đào tạo (FAST)

đường dây nóng 24/24h: 1 800 339 4357

ĐT: 1800-339-4357

Web: [www.fast.org.sg](http://www.fast.org.sg)

Email: [enquiry@fast.org.sg](mailto:enquiry@fast.org.sg)

## Xã hội

### HOME (Tổ chức nhân đạo hỗ trợ di cư)

Web: [www.home.org.sg](http://www.home.org.sg)  
Đường dây trợ giúp dành cho giúp việc gia đình: 1800 797 7977 (miễn phí),  
+65 9787 3122 (Whatsapp/Viber/SMS)

Các yêu cầu trợ giúp khác  
ĐT: +65 9625 4193

### PAVE - Dịch vụ tích hợp bảo vệ cá nhân và gia đình

ĐT: 6555-0390

Web: [www.pave.org.sg/index.php](http://www.pave.org.sg/index.php)

### Dự án StART

Web:

[www.carecorner.org.sg/family-violence](http://www.carecorner.org.sg/family-violence)

ĐT: 6476-1482

### TRANS SAFE Centre

ĐT: 6449-9088

## Đường dây nóng & tạm lánh

### Hiệp hội các tổ chức phụ nữ Sing-ga-po (SCWO) – Nhà tạm lánh Star

ĐT: +(65) 6571-0192, +(65) 6571 0193, +(65) 6571 0191

### AWARE

Tổng đài trợ giúp: 1800 777 5555

Web: [www.aware.org.sg/](http://www.aware.org.sg/)

### Trung tâm TRANS SAFE

ĐT: 6449 9088



Spotlight Initiative





**Spotlight  
Initiative**

The Safe and Fair: Realizing women migrant workers' rights and opportunities in the ASEAN Region Programme, is part of the Spotlight Initiative to eliminate violence against women and girls by 2030, a global, multi-year initiative between the European Union (EU) and United Nations (UN). Safe and Fair focuses on ASEAN countries and is implemented through a partnership between the ILO and UN Women, in collaboration with UNODC, and is delivered at both local and national levels through governments, trade unions, employer organizations, civil society organizations and women's organizations, and at the regional level through ASEAN institutions.

The Spotlight Initiative is the world's largest targeted effort to end all forms of violence against women and girls. Launched with a seed funding commitment of €500 million from the European Union, the Spotlight Initiative represents an unprecedented global effort to invest in gender equality as a precondition and driver for the achievement of the Sustainable Development Goals. As a demonstration fund for action on the Sustainable Development Goals, the Spotlight Initiative is demonstrating that a significant, concerted and comprehensive investment in gender equality and ending violence can make a transformative difference in the lives of women and girls.

For matters related to the Safe and Fair Programme please contact:

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