

Ercros celebrates Mental Health Day with a conference on emotional well-being for its entire staff



This Thursday, October 10, on the occasion of Mental Health Day, Ercros has held a conference for all its staff with the aim of bringing them closer to the concept of emotional well-being, as well as making mental health visible and providing them with self-care strategies.

The event included a presentation by the psychologist from the Health and People Foundation, Anna Vives, an expert in mood, adaptive and eating disorders; as well as in neuropsychological reports in Alzheimer's and dementia, and in neurodegenerative diseases.

Vives has spoken about myths and realities of mental health; the influence of stress; emotional intelligence; the importance of learning to listen to yourself and setting healthy limits, and family and social support, among others.

With the aim of raising these questions to its entire staff, Ercros has defined three modalities of participation: in-person assistance, which was attended by 12 people; telematic assistance, to which more than 115 people have connected, and access to the recording of the session through the subsequent editing of a video.

Ercros, through its Health Prevention department, signed an agreement with the Health and People Foundation by which it provides its entire staff and their families with free psychological support and care services, as well as social advice.