

Fourlis group completed the “Mental Health First Aid” program in collaboration with HELLAS EAP



As part of the EF ZIN (Well-being) program, Fourlis group successfully completed an important initiative aimed at enhancing the mental health and overall wellbeing of its people. Specifically, the group implemented Risk and Crisis Management Trainings for executives and employees under the title “Mental Health First Aid”, in collaboration with HELLAS EAP.

During 2025, five training groups were formed, each consisting of fifteen participants, who attended in-person and online sessions with a total duration of four hours per group. The trainings focused on raising awareness among employees and leaders on mental health issues, reducing stigma in the workplace, and developing skills for the early identification and effective management of concerning behaviors.

Participants had the opportunity to gain a deeper understanding of key mental health topics commonly encountered in professional environments, such as anxiety disorders, panic attacks, mood disorders, burnout, and health-related anxiety. In parallel, leaders were trained on how to appropriately approach and support

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colleagues who may be facing challenges, as well as on referral procedures for employees who may need additional support within or outside the workplace.

Special emphasis was also placed on the concept of self-care for leaders, through the “Walk the Talk” model, which promotes consistency between caring for oneself and caring for others.

This initiative, delivered by experienced facilitators from HELLAS EAP, is part of Fourlis group broader strategy to foster a supportive and healthy work environment where mental wellbeing is a top priority.

With this initiative, Fourlis group continues to invest in mental health and prevention, strengthening a culture of trust, understanding, and collaboration within the EF ZIN (Well-being) program.