

The 1st known independent research study in Canada with a control group of non-EAP users confirms positive outcomes for Arete EAP clients<sup>1</sup>.

Participants working at organizations across Canada were matched on numerous baseline variables including demographic, occupational, mental health, workplace functioning and more.

**At 6 months follow-up, Arete EAP users had significantly better results than non-EAP users in all categories<sup>2</sup>:**

With Arete EAP<sup>3</sup>

Reduced psychological distress



Lower symptoms of depression and anxiety



Reduced work presenteeism and work distress



Increased work engagement



Greater life satisfaction



## Why employers choose an Arete EAP



Improvements in mental health explain the positive impacts of the Arete EAP on workplace functioning: reduced presenteeism and distress, and increased engagement. Employers seeking to create a psychologically healthy and safe workplace<sup>4</sup> can be confident Arete offers an impactful EAP.

<sup>1</sup> Based on data from APAS Laboratory study: *The impact of a Canadian EAP on mental health and workplace functioning: findings from a prospective quasi-experimental study* as published in the peer-reviewed Journal of Workplace Behavioral Health

<sup>2</sup> Positive results are specific to the Arete EAP and are not necessarily transferable to other external EAPs

<sup>3</sup> Users with access of up to 12 hours of counselling

<sup>4</sup> As defined by the National Standard of Canada for Psychological Health and Safety in the Workplace