


Sustaining and expanding ICBT for PSP across Canada: A survey of stakeholder perspectives (2023)

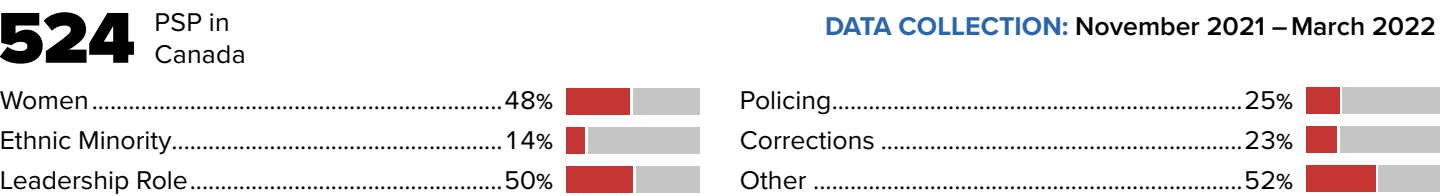
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PSPNET offers **free, confidential, and convenient** internet-delivered cognitive behaviour therapy (ICBT) developed with and for Canadian first responders and other public safety personnel (PSP). Learn mental health information and skills in an online platform with optional therapist support via secure messaging or phone calls. **Learn more by visiting www.pspnet.ca**



PURPOSE:

To understand the support for tailored ICBT in PSP organizations.



ICBT BENEFITS:

- Confidential
- Convenient
- Evidence-based
- Tailored for PSP
- Optional therapist support
- Complements existing services

ICBT CONCERNS:

- Lack of face-to-face
- Requires internet access
- Time commitment

PSP ATTITUDES:

- PSP experience **mental health challenges**
- PSP **do not** receive the mental health support needed
- PSPNET can help** PSP improve their mental health
- PSPNET should be **free and accessible** to PSP

LEADER ATTITUDES:

- PSPNET would **help** PSP
- PSPNET should be a **priority**
- PSPNET would be **easily promoted**
- PSP would **use** PSPNET if available
- PSPNET **complements** other mental health services
- “I would **advocate** for PSPNET in my organizations”
- PSPNET should be **government funded**

CONCLUSIONS:

- Leaders and non-leaders in public safety endorse the use of PSPNET within their organization.
- Increased education and awareness of ICBT may help sustain and expand the use of PSPNET among Canadian PSP.

