

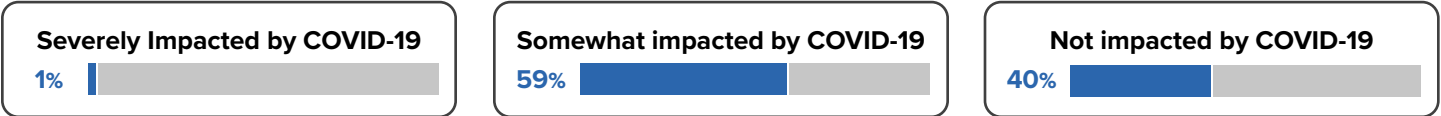
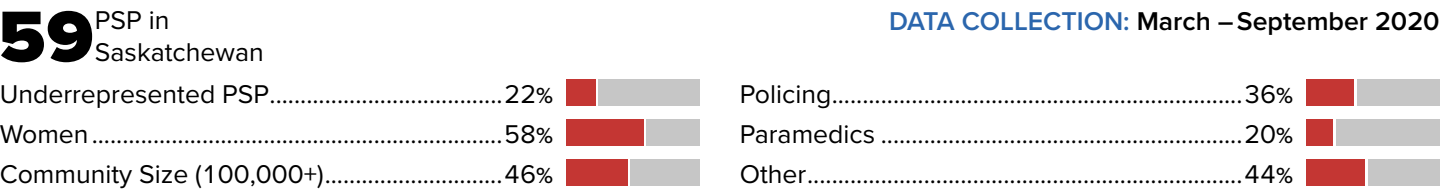
How Have Public Safety Personnel Seeking Digital Mental Healthcare Been Affected by the COVID-19 Pandemic? An Exploratory Mixed Methods Study (2020)

McCall, H., Beahm, J., Landry, C., Huang, Z., Carleton, R. N., & Hadjistavropoulos, H.

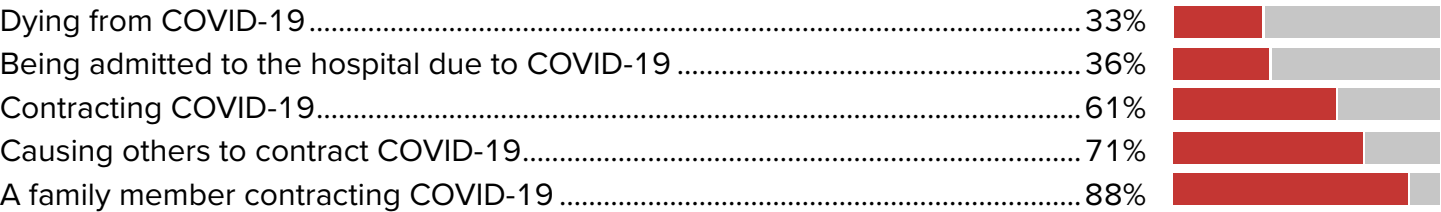
PSPNET offers **free, confidential, and convenient** internet-delivered cognitive behaviour therapy (ICBT) developed with and for Canadian first responders and other public safety personnel (PSP). Learn mental health information and skills in an online platform with optional therapist support via secure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

PURPOSE:

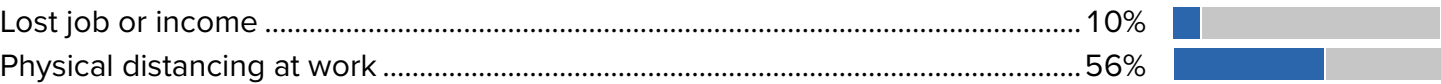
To identify the diversity, frequency, and intensity of COVID-19 concerns among PSP seeking ICBT.



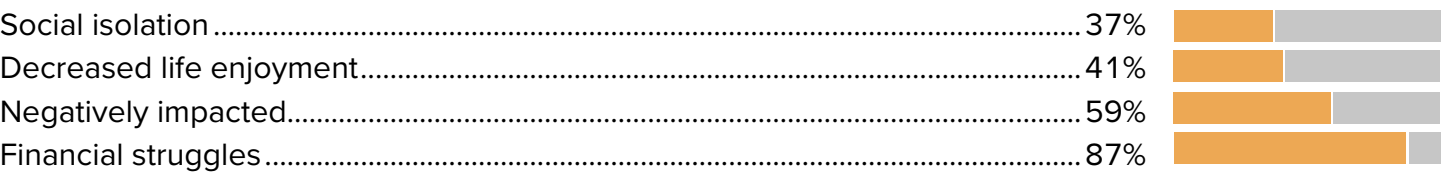
HEALTH CONCERNS:



OCCUPATIONAL CONCERNS DUE TO COVID-19:



PERSONAL CONCERNS DUE TO COVID-19:



CONCLUSIONS:

- PSP in Saskatchewan seeking ICBT experienced stressors due to COVID-19.
- Many of these stressors were similarly reported by the general population.
- Unique PSP stressors included increased workload and need for personal protective equipment.
- Few PSP reported severe impacts due to COVID-19.