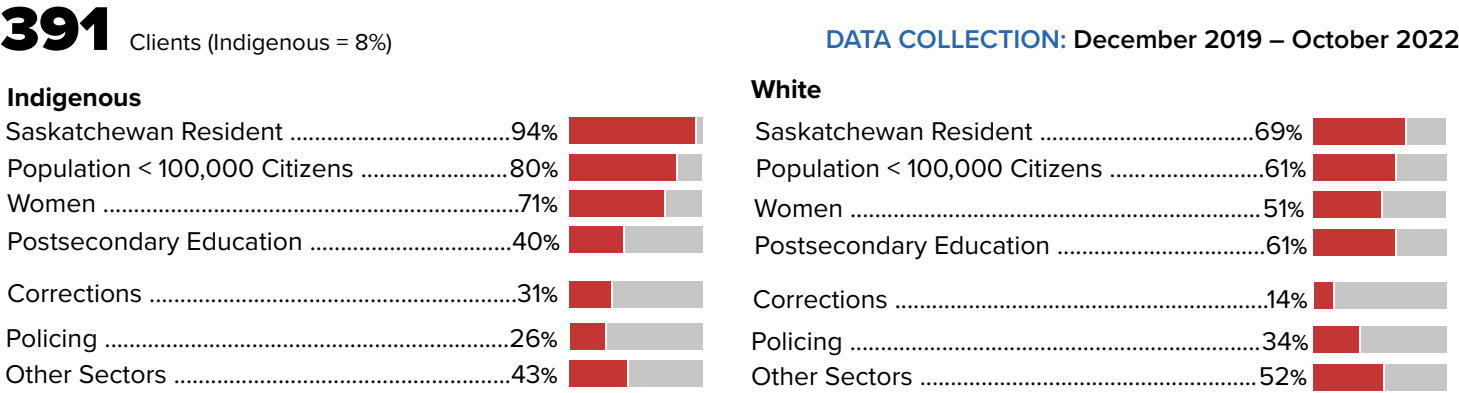


Outcome of internet-delivered cognitive behavioural therapy tailored for Canadian public safety personnel among Indigenous and White clients (2025)

McCall, H.C., Price, J.A.B., Ives, J., McGinnis, A., McKenna, F.E., & Hadjistavropoulos, H.D.

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.

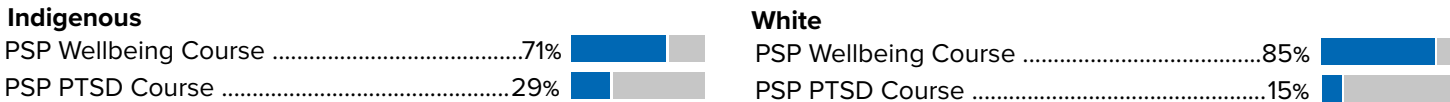
Sign up today at www.pspnet.ca!



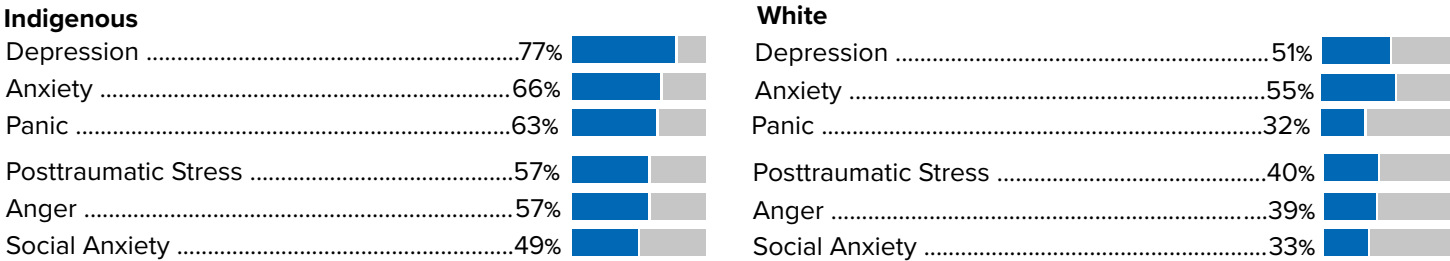
I loved the resources and that the course is **focused on first responders**. First responders often feel isolated because of their experiences. Reading about cases similar to mine **helped me feel less alone** with what I’m experiencing in my life.

— Indigenous client

Course Selection:



Clinical Symptoms at Pre-Treatment:



Treatment Satisfaction:



I believe **PSPNET saves lives**, reduces mental turmoil due to trauma due to work life, and leads to **healed happy people in our communities**. That’s why I support this project.

Happy, healthy healing is good.”

— Elder Betty McKenna

CONCLUSIONS:

- 1. Indigenous PSP showed elevated pre-treatment mental health concerns than White PSP.
- 2. No differences between ethnic groups with respect to symptom change, program use, or treatment satisfaction.
- 3. These findings provide preliminary evidence that ICBT can be effective for Indigenous PSP.

Read the full article here: <https://doi.org/10.32799/ijih.v21i1.45461>
Note: Indigenous clients include self-identified First Nations, Inuit, and Métis.
Infographic Design by Darling, M.L. & Taylor, A.