



PSPNET

Mental Health Support When You Need It

Whether you are facing significant mental health concerns or want to proactively build skills to stay well, PSPNET brings the benefits of face-to-face therapy into an accessible online format tailored to the unique needs of PSP.

WHAT MAKES PSPNET DIFFERENT?

- Free of charge
- No referral needed
- Confidential and private
- Flexible and convenient
- Tailored to PSP by a team led by internationally recognized experts
- Research-backed with continuous research to improve services
- Builds insight and confidence leading to meaningful change
- Engaging and easy to complete 96%+ say courses are worthwhile
- Certificate of completion provided

PSPNET COURSES

Each course includes core lessons and optional resources. Most complete in 8 weeks and spending 1 to 2 hours each week with courses accessible for at least 6 months.

Self-Guided Wellbeing Course (English & French)

This flexible course allows you to work through the course independently to manage depression, low mood, anxiety, stress, anger, and more.

Therapist-Guided Courses

Offered with weekly therapist support via secure messages or phone calls by registered professionals trained to work with PSP.

Wellbeing Course (English & French): Manage depression, low mood, anxiety, stress, anger, and more.

PTSD Course (English & French): Manage posttraumatic stress.

Sleep Course (English only): Improve sleep difficulties.

WHO'S ELIGIBLE?

Self-guided courses - available to PSP (current, retired, volunteer) & their spouses across Canada.

Therapist-guided courses - available to PSP (current, retired, volunteer) in: NB, NS, PEI, ON, QC, and SK.

GET STARTED TODAY AT
WWW.PSPNET.CA



Disclaimer: PSPNET is not a crisis service. Courses are available to current and former PSP.

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ICRTSP
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