



PSPNET is a clinical research unit dedicated to delivering, evaluating, and continuously improving internet-delivered cognitive behaviour therapy (ICBT) for first responders and other PSP in Canada.

WHO ARE PSP?

PSPNET courses are developed with and for PSP (career and volunteer) who ensure the safety of Canadians. The term PSP includes, but is not limited to:



PSPNET IS HERE TO HELP

We offer treatment courses that focus on:

- Anxiety, depression, and other conditions
- Posttraumatic stress symptoms

Courses teach cognitive behavioural therapy skills:

- Self-guided courses available to PSP across Canada; therapist-guided courses available in NB, NS, ON, PEI, QC, SK
- Treatment courses are typically eight-weeks long and can be extended to 16 weeks
- Additional materials available to manage other concerns (e.g., anger, sleep, communication)
- Therapist guidance is provided via secure email or phone calls

PSPNET OUTCOMES

99% agreed PSPNET was worth their time

99% would refer PSPNET to a friend

90% reported increased confidence in managing symptoms

Over 73% of clients experienced a clinically significant improvement in symptoms of anxiety, depression, and posttraumatic stress

Based on feedback from >1,000 clients who enrolled in our therapist-guided courses

This research has been approved by the University of Regina Research Ethics Board.

SIGN UP TODAY BY VISITING WWW.PSPNET.CA

