

# SERVICE DELIVERY OUTCOMES

Internet-delivered Cognitive Behaviour Therapy (ICBT) involves using the internet to deliver the same treatment content that is normally covered in face-to-face cognitive behaviour therapy for depression, anxiety, and or posttraumatic stress injuries. The materials have been specifically tailored for Public Safety Personnel (PSP). Weekly therapist support is available for 8 to 16 weeks.

### WHAT WE DO

- Increase care for PSP
- Provide Online and telephone screening
- Offer ICBT content tailored to PSP
- Offer varying amount/duration of therapist support
- Specialized supervised clinicians
- Conduct research for continuous improvement

## CONDITIONS WE TREAT:

MENTAL HEALTH

- Anxiety
- Depression
- Panic
- PTSD
- Social Anxiety
- Stress

## OUTCOMES

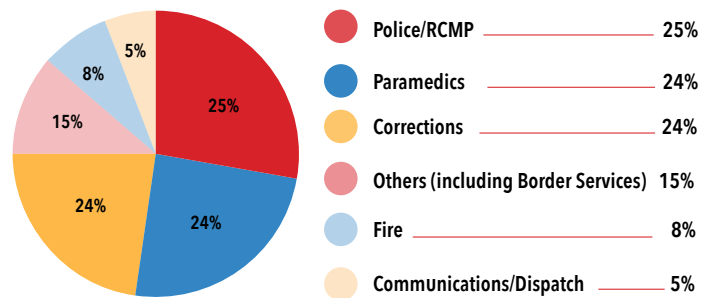


## CLIENT BACKGROUND:

To date, there have been 137 clients from Saskatchewan and 41 clients from Quebec who have been enrolled in courses provided by PSPNET.



## PSP SECTORS WE SERVED:



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

[www.pspnet.ca](http://www.pspnet.ca)

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