

PSPNET: An online mental health treatment specialized for Canadians working in Border Services

PSPNET offers **free** and **confidential** internet-delivered cognitive behavioural therapy (ICBT) developed with and for Canadian public safety personnel (PSP). Learn information and skills to manage mental health symptoms with optional therapist support via secure online messaging or phone calls.

DEMOGRAPHICS

Data Collection : March 2020 – March 2026

80

Border services clients



96% Actively working



41% Prescribed mental health medication



58% Women



33% Leadership role

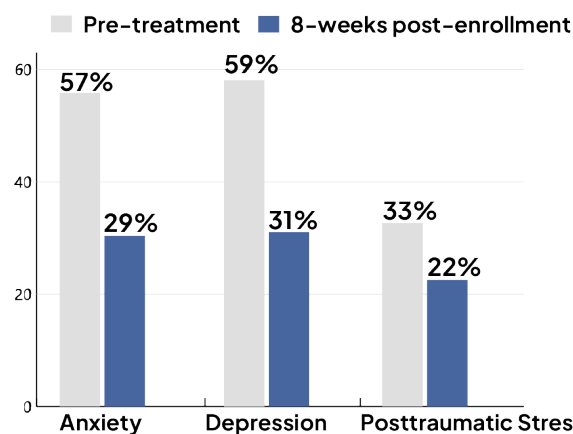


55% Communities < 100,000



19% Racialized

CLINICAL SYMPTOMS



TREATMENT SATISFACTION

100% agreed PSPNET was worth their time

98% would refer a friend

86% reported increased confidence to manage their mental health

*Before this course, I had a hard time being in the moment and it felt like life was passing me by. The mindfulness and breathing exercises are **helping me to live my life again.** —Border Services client*

CONCLUSIONS

- Border Services staff show interest in ICBT by signing up for PSPNET.
- PSPNET can reduce symptoms of anxiety, depression, and posttraumatic stress.
- Border Services staff enrolled in PSPNET report high treatment satisfaction.

SIGN UP TODAY!

pspnet.ca



Note : These data were extracted from the PSPNET therapist-guided PSP Wellbeing Course and PSP PTSD Course and self-guided PSP Wellbeing Course routine practice database. Infographic Design by Lucas, T.K.