

PSPNET: An online mental health treatment specialized for Public Safety Communications

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

181 Public Safety Communications clients

 **97%** Actively working

 **42%** Prescribed mental health medication

 **83%** Women

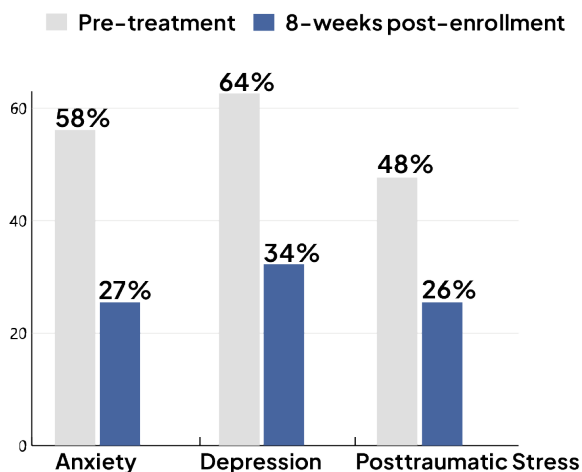
 **21%** Leadership role

 **51%** Communities < 100,000

 **9%** Racialized

CLINICAL SYMPTOMS

TREATMENT SATISFACTION



96% agreed PSPNET was worth their time

99% would refer a friend

79% reported increased confidence to manage their mental health

“It has been very helpful in reminding me that **I am not alone** in my feelings. It has also given me more ideas for **self care** and **coping strategies**.”
—Public Safety Communications client

CONCLUSIONS

- Public Safety Communicators show interest in ICBT by signing up for PSPNET.
- PSPNET can reduce symptoms of anxiety, depression, and posttraumatic stress.
- Public Safety Communicators who enroll in PSPNET report high levels of treatment satisfaction.

SIGN UP TODAY!

pspnet.ca



Note : Public Safety Communicators include federal and municipal call centre dispatchers or operators, emergency call centre dispatchers or operators (e.g., 911), and others. 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.