

# PSPNET: An online mental health treatment specialized for Canadians working in Corrections

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 : January 2020 – March 2026

**431** Corrections clients

**94%** Actively working

**63%** Women

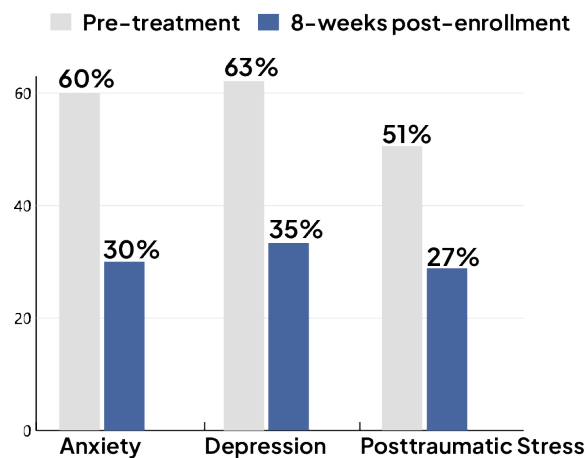
**57%** Communities < 100,000

**43%** Prescribed mental health medication

**32%** Leadership role

**13%** Racialized

## CLINICAL SYMPTOMS



## TREATMENT SATISFACTION

**97%** agreed PSPNET was worth their time

**97%** would refer a friend

**79%** reported increased confidence to manage their mental health

*I used to believe in my negative thoughts but this course taught me how to challenge them and replace them with **positive** ones.*

—Corrections client

## CONCLUSIONS

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

**SIGN UP TODAY!**

[pspnet.ca](http://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.