

PSPNET: An online mental health treatment specialized for Canadian Firefighters

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 : December 2019 – March 2026

342 Fire clients

 **88%** Actively working

 **27%** Prescribed mental health medication

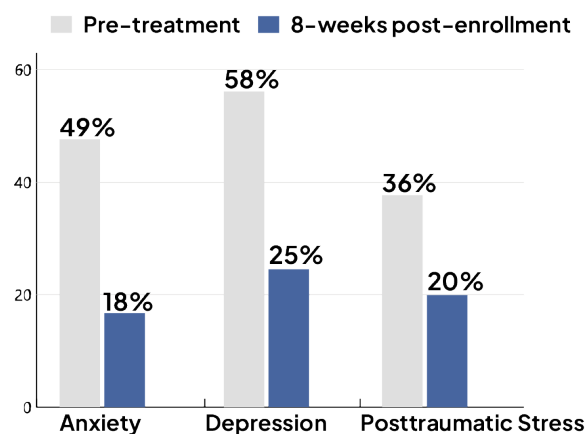
 **70%** Communities < 100,000

 **15%** Women

 **48%** Leadership role

 **4%** Racialized

CLINICAL SYMPTOMS



TREATMENT SATISFACTION

98% agreed PSPNET was worth their time

97% would refer a friend

83% reported increased confidence to manage their mental health

*I feel that, as a Firefighter, I was losing my resilience to traumatic and stressful events. The knowledge and skills gained in this course will **help me recover** and develop or regain my **resilience**. —Fire client*

CONCLUSIONS

- Fire staff show interest in ICBT by signing up for PSPNET.
- PSPNET can reduce symptoms of anxiety, depression, and posttraumatic stress.
- Fire staff who enroll in PSPNET report high levels of 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.