

# PSPNET



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Funded by the  
Government  
of Canada

Canada

## FREE AND CONFIDENTIAL ONLINE THERAPY

Specialized for Canadian public safety personnel (PSP) and their spouses and significant others.

### What is PSPNET?

- Learn effective skills to manage your mental health.
- Courses completed over ~ 8 weeks.
- Suitable for mild, moderate, or significant symptoms.
- No referral needed and no waitlist.
- Available in English and French.