

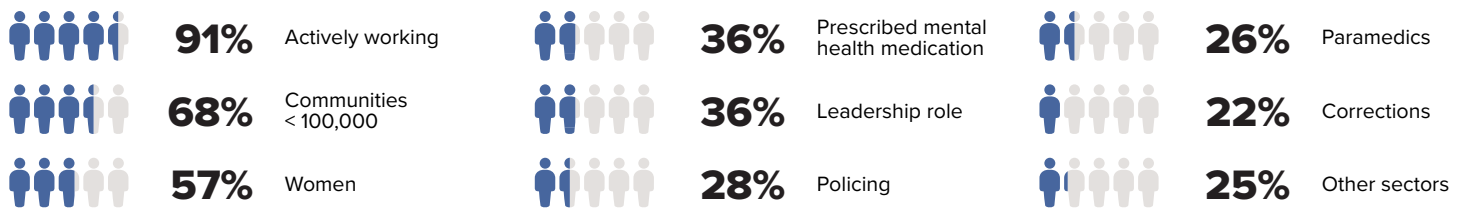
PSPNET: An online mental health treatment specialized for Indigenous Peoples working in public safety

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.

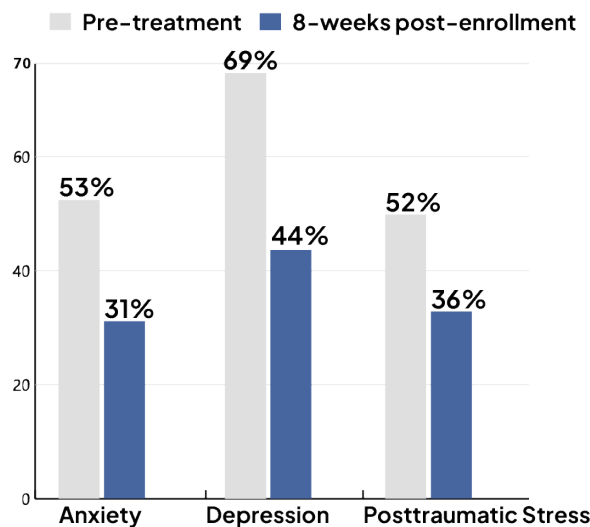
DEMOGRAPHICS

Data Collection : March 2020 – January 2026

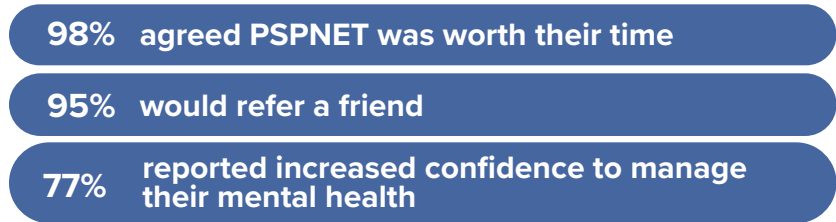
138 Indigenous clients



CLINICAL SYMPTOMS



TREATMENT SATISFACTION



*I loved the resources and that the course is **focused on first responders**. First responders often feel isolated because of their experiences. Reading about cases similar to mine **helped me feel less alone** with what I'm experiencing in my life.*

—Indigenous client

CONCLUSIONS

- Indigenous Peoples show interest in ICBT by signing up for PSPNET.
- PSPNET can reduce symptoms of anxiety, depression, and posttraumatic stress.
- Indigenous PSP who enroll 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.