



Online wellbeing hub to support public safety personnel families



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This research is approved by the University of Regina Ethics Board & Queen's University Ethics Board

## Why families matter

The families of first responders and other public safety personnel (PSP) experience unique lifestyle demands that challenge them everyday. Families serve alongside those who ensure the safety and security of our communities.

## How we support families

We provide information, resources, and skill-building strategies to help you navigate your unique life circumstances.

Spouses or significant others may also access a free, self-guided ICBT (internet-delivered cognitive behavioural therapy) course anytime that will help them understand and manage their mental health.

## Who are PSP?

A broad term that encompasses personnel who ensure the safety and security of Canadians. It includes, but is not limited to, border services officers, correctional workers, firefighters (career and volunteer), Indigenous emergency managers, operational intelligence personnel, paramedics, police (municipal, provincial, and federal), public safety communicators, and search and rescue personnel.



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