

# PSPNET: An online mental health treatment specialized for Canadian Paramedics

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

730

Paramedic clients



**92%** Actively working



**34%** Prescribed mental health medication



**58%** Communities < 100,000



**20%** Leadership role

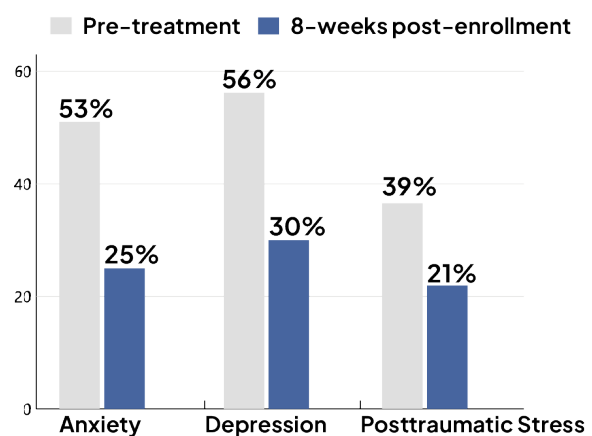


**56%** Women



**11%** Racialized

## CLINICAL SYMPTOMS



## TREATMENT SATISFACTION

**96%** agreed PSPNET was worth their time

**99%** would refer a friend

**83%** reported increased confidence to manage their mental health

*The course has nailed what issues I was dealing with, so it is very clear that **PSPNET knows first responders' mental health issues.***

—Paramedic client

## CONCLUSIONS

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

**SIGN UP TODAY!**

[pspnet.ca](https://pspnet.ca)



**Note :** Paramedics includes Advanced Care Paramedics (ACP), Critical Care Paramedics (CCP), Primary Care Paramedics (PCP), Emergency Medical Responders (EMR), Emergency Medical Technicians (EMT), and others. **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.