

PSPNET: An online mental health treatment specialized for Canadian Police

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

894 Policing clients

95% Actively working

33% Leadership role

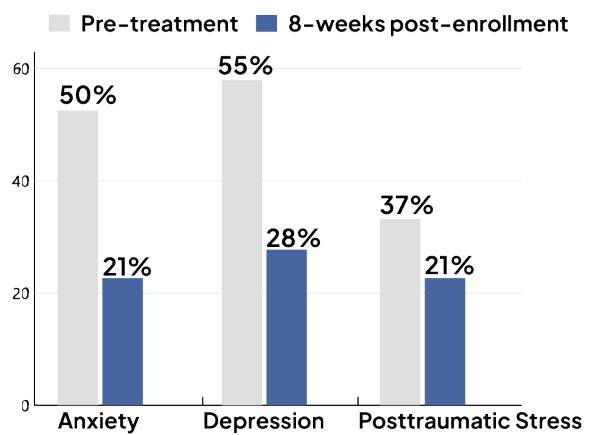
58% Communities < 100,000

30% Prescribed mental health medication

45% Women

9% Racialized

CLINICAL SYMPTOMS



TREATMENT SATISFACTION

98% agreed PSPNET was worth their time

97% would refer a friend

80% reported increased confidence to manage their mental health

*I saw elements of myself in some of the stories so that resonated... I'd never admitted or acknowledged those things before but once I did, I've been able to **share those same truths with my family** & that's been super important.*

—Policing client

CONCLUSIONS

- Policing staff show interest in ICBT by signing up for PSPNET.
- PSPNET can reduce symptoms of anxiety, depression, and posttraumatic stress.
- Policing staff 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.