

PSPNET: An online mental health treatment specialized for RCMP

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 : February 2020 - April 2025

246 RCMP clients

 **96%** Actively working

 **38%** Leadership role

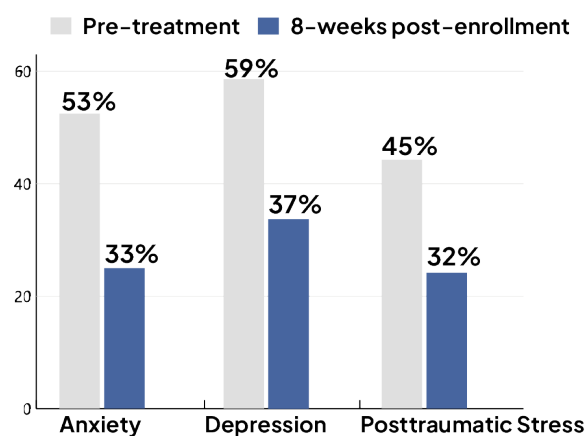
 **62%** Communities < 100,000

 **30%** Prescribed mental health medication

 **48%** Women

 **10%** Racialized

CLINICAL SYMPTOMS



TREATMENT SATISFACTION

97% agreed PSPNET was worth their time

97% would refer a friend

79% reported increased confidence to manage their mental health

*“The lessons were very **easy** to read and understand. It wasn't confusing and it was super **reliable**.”*

—RCMP client

CONCLUSIONS

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