



## SPECIALIZED FOR PUBLIC SAFETY PERSONNEL (PSP)

- ◆ Online courses
- ◆ Designed to take ~ 8 weeks
- ◆ No waitlist or diagnosis
- ◆ Optional therapist support
- ◆ Practical information and skills
- ◆ Mild, moderate, or severe concerns
- ◆ English and French options
- ◆ Completion certificate

Stress

Low Mood










Worry

Sleep

Trauma

and more!

## ELIGIBLE SECTORS

-  Border Services
-  Communications
-  Corrections
-  Emergency Management
-  Fire
-  Intelligence
-  Paramedics
-  Policing
-  Search and Rescue

... and more!

## CLIENT FEEDBACK

**99%** agreed PSPNET was **worth their time**

**99%** would refer PSPNET to a friend

**90%** felt **more confident** in managing their mental health

**SIGN UP TODAY!**

[pspnet.ca](http://pspnet.ca) 1-833-317-7233



*Nota: PSPNET is not a crisis service. In the event of a mental health crisis, please call or text Suicide Crisis Helpline (988), text Crisis Text Line at 741741, call 911, or present at your local emergency room. Research on PSPNET has been approved by the University of Regina Research Ethics Board.*