

PSPNET: An online mental health treatment specialized for Canadian women working in public safety

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 : March 2020 – January 2026

1498

women PSP



94% Actively working



58% Communities < 100,000



39% Prescribed mental health medication



24% Leadership role



10% Racialized



27% Policing



27% Paramedics

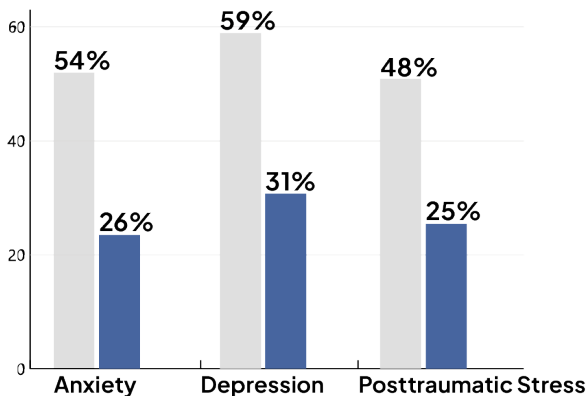


46% Other sectors

CLINICAL SYMPTOMS

TREATMENT SATISFACTION

Pre-treatment 8-weeks post-enrollment



97% agreed PSPNET was worth their time

97% would refer a friend

79% reported increased confidence to manage their mental health

*I realized how much time in the day I would devote to chores and **taking care of everyone else**. I never truly thought until going over this that **it wasn't selfish to take time for myself** and that **it's important and I deserve it**.*

—Woman client

CONCLUSIONS

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