



Whether you are facing significant mental health concerns or want to proactively build skills to stay well, PSPNET offers the benefits of face-to-face therapy in a free and accessible online format tailored to the unique needs of PSP.

WHAT MAKES PSPNET DIFFERENT?

- Free of charge
- No referral needed
- Confidential and private
- Flexible and convenient
- Tailored for PSP by a team led by internationally-recognized experts
- Evidence-based with continuous research used to improve services
- Builds insights and confidence leading to meaningful change
- Engaging and easy to complete – 96%+ of users say courses are worthwhile
- Certificate of completion provided

PSPNET TREATMENTS

Each course of treatment includes core lessons and optional resources. Most clients complete in 8 weeks, spending just 1 to 2 hours each week with content accessible for at least 6 months.

Self-Guided Options

These options allow you to work independently – anytime, anywhere.

Wellbeing Course (English & French): Manage depression, low mood, anxiety, stress, anger, and more.

Sleep Course (English & French): Improve sleep difficulties.

Therapist-Guided Options

Offered with optional weekly therapist support via secure online messages or phone calls by registered professionals trained specifically to work with PSP.

Wellbeing Course (English & French): Manage depression, low mood, anxiety, stress, anger, and more.

PTSD Course (English & French): Manage posttraumatic stress.

Sleep Course (English only): Improve sleep difficulties.

WHO'S ELIGIBLE?

Self-Guided Options - Available to PSP (current, retired, volunteer) & their spouses across Canada.

Therapist-Guided Options - Available to PSP (current, retired, volunteer) in: NB, NS, PEI, ON, QC, and SK.

GET STARTED TODAY AT
WWW.PSPNET.CA



Disclaimer: PSPNET is not a crisis service. Courses are available to current and former PSP.

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