

Impact Report

25
26



In 2018, the Government of Canada announced investments to address post-traumatic stress injuries among public safety personnel. These investments included research funded through the Canadian Institutes of Health Research (CIHR), knowledge mobilization through the Canadian Institute for Public Safety Research and Treatment (CIPSRT), and the development of an internet-delivered cognitive behavioural therapy pilot that became PSPNET.

Federal funding for the CIPSRT Knowledge Exchange Hub and PSPNET was provided to the University of Regina through the CIPSRT Contribution Agreement. These investments subsequently supported the Government of Canada's National Action Plan on Post-Traumatic Stress Injuries for Public Safety Personnel, released in 2019.

CIPSRT is committed to the effective knowledge mobilization of evidence-based research, treatment, and training that supports an overall mission to help current and former first responders and other public safety personnel, their leaders, and their families improve and maintain their overall health and wellness.

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The Growing Need for Mental Health Support for Canada's Public Safety Personnel

Canada's public safety personnel (PSP) continue to face extraordinary demands in the service of their communities. Whether responding to increasingly severe wildfires, floods, and other climate-related disasters, supporting communities through public health emergencies, responding to complex social issues, or managing the day-to-day realities of emergency response, PSP are regularly exposed to potentially psychologically traumatic events.

These cumulative demands reinforce the need for timely, evidence-informed mental health supports that are accessible, effective, and tailored to the unique experiences of each public safety profession.

Research continues to demonstrate that Canadian PSP experience substantially higher rates of mental health challenges than the general population. Conditions such as posttraumatic stress disorder (PTSD), depression, anxiety, panic disorder, substance use concerns, burnout, and suicidal ideation affect personnel across every public safety sector, although the nature and prevalence of these challenges vary by occupation (Rivest et al., 2025).

Recent evidence highlights these differences:

- Correctional workers experience some of the highest rates of PTSD, depression, and anxiety among Canadian PSP (Rivest et al., 2025).
- Emergency communication dispatchers report among the highest rates of depression and experience PTSD, anxiety, panic disorder, and social anxiety at levels comparable to many frontline responders, despite often working behind the scenes (Rivest et al., 2025).

- Paramedics frequently report high levels of occupational stress, burnout, compassion fatigue, and secondary traumatic stress resulting from repeated exposure to medical emergencies and critical incidents (Rivest et al., 2025).
- Police personnel, including municipal police services and the RCMP, continue to experience elevated rates of PTSD, depression, anxiety, panic disorder, and suicidal thoughts and behaviours (Rivest et al., 2025).
- Firefighters generally report lower rates of some mental health conditions relative to other PSP sectors, but rates of depression, anxiety, and PTSD remain concerning and warrant continued attention (Rivest et al., 2025).
- Coast Guard, conservation, and protective officers report comparatively lower rates of PTSD but experience notable rates of depression, anxiety, and social anxiety, reflecting the distinct psychological demands of their roles (Rivest et al., 2025).

Mental health experiences also differ across the career span. Older public safety personnel are more likely to report PTSD symptoms and suicidal ideation, potentially reflecting cumulative exposure to potentially psychologically traumatic events, historical stigma surrounding help-seeking, and previous limitations in access to mental health care (Rivest et al., 2025). Younger personnel, meanwhile, demonstrate higher rates of hazardous alcohol use, highlighting the importance of early intervention and prevention strategies (Rivest et al., 2025).

As operational demands continue to evolve, so too must the mental health supports available to those who serve. Traditional approaches, including cognitive behavioural therapy (CBT) and pharmacological treatments, remain important components of care and have strong evidence supporting their effectiveness for many individuals (Forsyth et al., 2025). At the same time, these interventions are not universally effective, with approximately 40-50% of individuals

experiencing incomplete response or ongoing symptoms (Forsyth et al., 2025). This underscores the need to continue exploring complementary and innovative approaches to care.

Digital mental health interventions, including internet-delivered cognitive behavioural therapy (ICBT), mobile applications, and other virtual services, are becoming increasingly important, as they improve accessibility for personnel working irregular schedules, living in rural and remote communities, or facing barriers to in-person care (Moll et al., 2025). These approaches offer promising opportunities to expand access to evidence-informed support while reducing some of the barriers associated with traditional service delivery.

As Canada's public safety landscape continues to change, ongoing investment in research remains essential. Emerging challenges—including increasingly frequent climate-related disasters, evolving operational demands, workforce shortages, and cumulative occupational stress—highlight the importance of developing, evaluating, and mobilizing evidence-informed mental health interventions that meet the diverse needs of public safety personnel throughout their careers.

Supporting the mental health of Canada's public safety personnel is not only an investment in individual well-being—it is essential to maintaining a healthy workforce capable of protecting the communities they serve.

From the Desk of the Executive Director



Donna King
A/Executive Director

When it comes to supporting the mental health and well-being of those who serve, CIPSRT has always been committed to ensuring our work is grounded in the best available research. Throughout 2025–26, we continued to build on that commitment by finding new ways to make evidence easier to access, understand, and apply in everyday practice.

One of the highlights of the year was the launch of CIPSRT's Online Resource Centre. Public safety personnel, their families, and organizations can now browse more than 30 evidence-informed print resources online and have them delivered free of charge. By removing barriers to access, we've made it easier for people to find trusted information when and where they need it most.

The response has been encouraging. From its launch in the fall of 2025 through the end of the fiscal year, more than 20,000 individual resources were distributed across Canada. Every resource represents an opportunity to reach someone with information and support.

As we continue to advance our national mandate, our ability to connect with people across the country grows. Our inaugural CIPSRT Conference in Regina, followed by an exceptional 2026 conference in Calgary, together with increased

participation in conferences, speaking engagements, and collaborative initiatives, created valuable opportunities to strengthen relationships and foster new partnerships. These connections are essential to ensuring research reaches the people and organizations who can put it into practice.

Looking back on the year, what stands out most is the collective effort that made this progress possible. Researchers, clinicians, public safety leaders, families, partner organizations, the Public Safety Steering Committee (PSSC), and our dedicated CIPSRT team all played an important role in moving this work forward. Together, we are building stronger connections between research and practice, with the shared goal of improving the mental health and well-being of public safety personnel.

While there is always more work ahead, we are grateful for the progress made and the growing reach of CIPSRT's evidence-informed resources. More public safety personnel, families, leaders, and organizations are connecting with our work and finding trusted information, support, and resources to strengthen mental health and well-being. It is a privilege to contribute to this important mission, and we remain committed to building on this momentum together in the years ahead.

“Together, we are building stronger connections between research and practice, with the shared goal of improving the mental health and well-being of public safety personnel.”

A Message from the Public Safety Steering Committee Co-chairs (PSSC)



This past year was one of meaningful progress. Across Canada, CIPSRT continued to strengthen the connections between research, practice, and the people who dedicate their lives to protecting our communities.

Whether through the annual national CIPSRT conferences, the new online resource centre, or the treatment and research conducted through PSPNET, evidence-based mental health resources and services are becoming more accessible to public safety personnel and those who support them.

2025-26 saw CIPSRT expand access to evidence, strengthen connections and partnerships, and further support those tasked with keeping Canadians safe.

As members of the Public Safety Steering Committee, we have the honour and privilege of guiding the future impact of this non-profit organization. We represent federal public safety organizations across Canada.

This past year has been one of growth and change for many.

When we look at the social media campaigns, the knowledge mobilization materials, and the impact of the conference, we see an organization steadily narrowing the gap between evidence and the people who need it. That's compelling. This Impact Report is not just about what CIPSRT has

accomplished this past year but about showcasing and reinforcing why this organization exists.

Today, more public safety personnel, families, and organizations are recognizing the good work of CIPSRT and how evidence-based resources can help. That's the result of dedicated employees working together as a team and finding innovation and purpose thanks to hundreds of thoughtful decisions, conversations, campaigns, interviews, and partnerships.

We are proud to contribute to strategic advice and public safety sector perspectives that help guide this work.

We are grateful to the Honourable Gary Anandasangaree, federal Minister of Public Safety, and the public servants who support him, for acknowledging the important work of CIPSRT.

We envision a future where seeking help is met with understanding rather than stigma, where no public safety worker feels they must suffer in silence, and where asking for help is seen as a sign of strength. We want every person who dedicates their life to keeping Canadians safe to know that they, too, deserve to be supported, understood, and cared for.

To all public safety personnel, thank you for your service. And to those at CIPSRT Hub and PSPNET, keep up the good work.

SSgt. Casey Ward O. O. M.
Chief Pierre Poirier

"This Impact Report is not just about what CIPSRT has accomplished this past year but about showcasing and reinforcing why this organization exists. We envision a future where seeking help is met with understanding rather than stigma, where no public safety worker feels they must suffer in silence, and where asking for help is seen as a sign of strength."

Expanding Our Reach, Increasing Our Impact

As the need for evidence-informed mental health resources continues to grow, CIPSRT remains committed to ensuring that public safety personnel, their families, leaders, clinicians, and organizations can access trusted information when and where they need it. Throughout 2025–26, we continued to expand our reach, strengthen our engagement, and create new opportunities to connect research with practice.

The launch of CIPSRT’s online resource centre, in September 2025, was one of the year’s most significant milestones. The new platform made it easier than ever for individuals and organizations across Canada to browse and order evidence-informed print resources at no cost. From its launch in Sept 2025 through the end of the fiscal year, more than 20,000 individual resources were distributed through the Online Resource Centre alone. Combined with resources fulfilled through direct requests earlier in the year, CIPSRT shipped more than 32,000 printed mental health resources to homes, workplaces, and organizations across the country.

Recognizing that meaningful engagement happens both online and in person, the outreach team represented CIPSRT at 218 stakeholder engagements across Canada, including conferences, community events, and training sessions. These opportunities allowed CIPSRT to build relationships with public safety organizations, share evidence-informed resources, and better understand the evolving needs of those working on the front lines.

Our inaugural CIPSRT Conference, together with ongoing outreach, webinars, and digital engagement, created new opportunities to bring together researchers, clinicians, leaders, and public safety personnel to exchange knowledge, strengthen partnerships, and advance evidence-informed practice.

Across our social media channels, CIPSRT generated nearly 1.6 million impressions during the fiscal year, helping connect more Canadians with credible mental health information, research findings, and practical resources.

While these numbers are encouraging, they represent far more than organizational growth. Every resource distributed, webinar attended, conference conversation, and online interaction represents another opportunity to support the mental health and well-being of Canada’s public safety community. As awareness of CIPSRT continues to grow, so too does our ability to ensure that evidence reaches the people who need it most.

1,215

Webinar registrations



685

Live webinar attendees

1,199

Post-webinar video views

11,708

Print materials distributed
April – August 2025



20,359

Print materials distributed after
launching online resource center
September – March 2026

218

Outreach engagements:
Meeting: **95**
Presentation: **78**
Conference (Booth Only): **24**
Conference (Speaking Only): **12**
Conference (Speaking & Booth): **7**
Media Events: **2**



Understanding How People Find Support

Mental health information-seeking increasingly begins online, making discoverability essential to connecting public safety personnel, leaders, clinicians, and families with trusted support.

In 2025–26, Canadians found CIPSRT both by searching directly for the organization and our annual conference, and by seeking information on topics such as moral injury and trauma. These search patterns reflect growing recognition of CIPSRT as a trusted national source of evidence-informed mental health resources.

CIPSRT continues to improve the visibility and accessibility of its digital resources through search engine optimization, accessible web design, and content that responds to the questions people are asking. As generative AI becomes an increasingly common pathway to health information, these efforts help ensure credible, research-informed resources remain easy to find at critical moments of help-seeking.

Visitors accessed the CIPSRT website from every region of Canada, with particularly strong engagement from Saskatchewan, Nova Scotia, Prince Edward Island, Alberta, and British Columbia. Continued high use of the Contact page and French-language content demonstrates demand for both direct connection and bilingual resources. Together, these insights guide how CIPSRT delivers evidence to the people who need it most, strengthening access to trusted mental health information across Canada’s public safety community.

43,242

Website users, by location:

Ontario: 17,780
Alberta: 6,031
Quebec: 5,906
British Columbia: 4,748
Saskatchewan: 4,285
Manitoba: 1,492
Nova Scotia: 1,242
New Brunswick: 766
Newfoundland and Labrador: 537
Prince Edward Island: 208
Northwest Territories: 144
Yukon: 61
(Not tracked/incognito): 36
Nunavut: 6

TOP 10 MOST VISITED CIPSRT-ICRTSP.CA PAGES

CIPSRT Homepage 25,249	Contact Us 10,267
Training Options (French) 8,130	Incognito Users 6,709
CIPSRT Conference 2025 2,628	CIPSRT Conference 2026 2,604
Glossary/Wellness Check 2,008	Online Events/Webinars 1,883
Champions of Mental Health 2024 1,487	Printed Materials 1,256

From Research to Real-World Impact

Research has the greatest impact when it connects with people. Throughout 2025–26, CIPSRT continued to expand how we share research by pairing research evidence with the stories of the individuals, organizations, and communities working to improve the mental health and well-being of Canada’s public safety personnel.

Our growing presence on LinkedIn has become an important platform for highlighting the people behind the work, the real-world experiences, and examples that demonstrate how research is informing practice, shaping leadership, and influencing policy across the country.

Over the past year, we published feature articles on topics ranging from supporting RCMP recruits throughout their careers to recognizing the leadership of women serving on the Public Safety Steering Committee (PSSC) in a month-long series celebrating International Women’s Day.

These stories highlighted the diverse experiences, expertise, and commitment of individuals working to strengthen public safety mental health in Canada.

Leading up to the 2026 CIPSRT Conference, we also profiled several keynote speakers, including internationally recognized sleep researcher Dr. Colleen Carney, Ottawa Chief Paramedic and PSSC Co-Chair Pierre Poirier, and award-winning national health journalist André Picard.

TOP 5 LINKEDIN ARTICLES PUBLISHED APRIL 1, 2025 TO MARCH 31, 2026

← Kim Armstrong leads with heart...

...



Kim Armstrong leads with heart and conviction

CIPSRT-ICRTSP

1,256 followers

March 11, 2026

(French translation to follow. Traduction française à suivre.)

Kim Armstrong grew up in a household where healthy debate was encouraged, and everyone had a voice at the dinner table.

Today, the Chief People Officer for the Ontario Police Services is responsible for the

17

2 comments

Like

Comment

Share

Send

← Tania Battisti on breaking stigma...

...



Tania Battisti on breaking stigma and changing lives

CIPSRT-ICRTSP

1,256 followers

March 13, 2026

(French translation to follow. Traduction française à suivre.)

Tania Battisti grew up an introspective child in a large, noisy, immigrant Italian household in Ottawa.

Her unique ability to observe others and understand their motivations helped her

13

Like

Comment

Share

Send

← Raising a glass to mental health...

...



Raising a glass to mental health advocacy

CIPSRT-ICRTSP

1,256 followers

January 22, 2026

(French translation to follow. Traduction française à suivre.)

Inspector Casey Ward of the Regina Police Service has come face to face with some of the city's darkest forces.

4

Like

Comment

Share

Send

← Investigative health journalist s...

...



Investigative health journalist shares insights into public safety careers – CIPSRT Conference

CIPSRT-ICRTSP

1,256 followers

April 24, 2026

As one of Canada's most influential public health voices, Globe and Mail veteran journalist André Picard has reported on everything from the AIDS crisis to the tainted blood scandal.

22

Like

Comment

Share

Send

← Janelle Coultres – A life of volun...

...



Janelle Coultres – A life of volunteer service

CIPSRT-ICRTSP

1,256 followers

March 31, 2026

(French translation to follow. Traduction française à suivre.)

When Janelle Coultres was a young girl, she vividly remembers helping her grandparents serve meals to the elderly and shut-ins with the Meals on Wheels program.

5

Like

Comment

Share

Send

[Kim Armstrong leads with heart and conviction](#) 

[Tania Battisti on breaking stigma and changing lives](#) 

[Raising a glass to mental health advocacy](#) 

[Investigative health journalist shares insights into public safety careers](#) 

[Janelle Coultres – A life of volunteer service](#) 

By introducing their work before the conference, we helped build awareness of emerging research, foster meaningful conversations, and encourage engagement with evidence-informed practice.

Throughout the year, CIPSRT also recognized important awareness initiatives such as PTSD Awareness Month in June, World Suicide Prevention Day Sept. 10,

2025, and September's Suicide Prevention Month in Canada, as well as other nationally recognized mental health observances. These opportunities allowed us to share current research, reduce stigma, and encourage conversations around psychological health within the public safety community.

Our impact extended well beyond awareness campaigns. We documented outreach activities from coast to coast, showcased collaborative partnerships, celebrated milestones, and highlighted the dedicated work of researchers, clinicians, leaders, and public safety personnel who are advancing mental health across Canada.

TOP 5 SOCIAL MEDIA POSTS PUBLISHED APRIL 1, 2025 TO MARCH 31, 2026



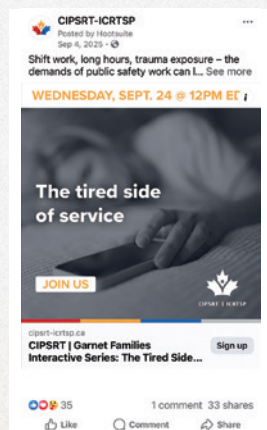
[Impacts of caregiving ONLINE PANEL](#)



[How to Support Someone After a Suicide Attempt](#)



[Join us for a two-part series on the mental health impacts of woodland and woodland firefighting](#)



[The tired side of service](#)



[Animal-assisted therapy](#)

Connecting Through Social Media

Social media remains a key channel for connecting public safety personnel, leaders, clinicians, families, and partners with trusted, evidence-informed mental health information.

During 2025–26, CIPSRT published more than 1,000 posts highlighting research, practical resources, webinars, conferences, awareness campaigns, and national days of recognition, ensuring timely and accessible knowledge reached audiences where they already engage online.

CIPSRT’s community grew to more than 5,380 followers across Facebook, Instagram, X, LinkedIn and YouTube, while YouTube content generated more than 8,000 views and approximately 530 hours of watch time. Together, these metrics demonstrate growing engagement with evidence-informed content and the

value of offering information in a variety of accessible formats.

Across all platforms, CIPSRT generated nearly 1.4 million impressions, significantly expanding the reach of research, educational resources, events, and partnerships. As a core component of CIPSRT’s knowledge mobilization strategy, social media helps bridge the gap between research and practice by making credible information more visible, accessible, and actionable for Canada’s public safety community.

1.4M

Impressions across all social media channels



1,117

Published posts across all social media channels



39,202

Post engagements across all social media channels



1,244

Shares/reposts of our content



5,380

Followers across all social media channels



PSP Connect: Building Connections Through Shared Experience

PSP CONNECT | EN LIEN

Strong social connections are a critical protective factor for mental health, particularly for public safety personnel who regularly encounter high-stress and potentially traumatic situations.

Through PSP Connect, CIPSRT continues to foster a national community where members can build meaningful relationships, exchange knowledge, and shape programming that reflects the evolving needs of the public safety community.

A featured session on peer support, led by Dr. Jill Price, brought together participants to explore how evidence-informed peer support can be effectively implemented in public safety organizations. Discussions emphasized the importance of trust, psychological safety, leadership support, and relationship-based approaches, while

highlighting the need for peer support to begin early in a public safety professional's career and extend beyond formal organizational structures.

The conversations reinforced that meaningful connection strengthens resilience, reduces isolation, and encourages help-seeking. Equally important, participant insights continue to inform CIPSRT's work, ensuring PSP Connect evolves in response to the lived experiences of Canada's public safety community while supporting stronger, healthier workplaces nationwide.

ARCNET Community of Practice: Advancing Collaboration Through Shared Learning

Addressing the complex mental health needs of Canada's public safety personnel requires collaboration across research, clinical practice, public safety organizations, policy, and lived experience.

The ARCNET Community of Practice provides a forum for these perspectives to come together, exchange knowledge, strengthen relationships, and advance evidence-informed action.

Throughout 2025–26, ARCNET members participated in learning and knowledge exchange opportunities focused on strengthening collaboration and supporting the application of evidence across the public safety sector. Highlights included a Knowledge Mobilization Storytelling Workshop led by Renira Narrandes, which explored approaches for translating research into accessible and meaningful messages while maintaining scientific integrity, and a presentation by Dr. James Conklin on Communities of Practice as drivers of collaborative learning and systems change. Together, these

sessions supported ARCNET's continued evolution toward a more member-driven model of shared learning and engagement.

Momentum continued at the 2026 CIPSRT Conference Professional Issues Forum, where public safety personnel, researchers, clinicians, organizational leaders, and system partners explored emerging challenges and opportunities in public safety mental health. The growing interest in ARCNET reflects the sector's recognition that complex challenges require collective solutions. Through ongoing dialogue, reciprocal learning, and collaboration, ARCNET continues to strengthen a national network dedicated to advancing evidence-informed practice and improving outcomes for public safety personnel across Canada.

Improving Access Through the CIPSRT Online Resource Centre

One of CIPSRT’s most significant achievements in 2025–26 was the launch of the Online Resource Centre in September 2025.

Designed with accessibility and ease of use in mind, the new platform transformed how public safety personnel, their families, leaders, clinicians, and organizations access evidence-informed mental health resources.

For the first time, visitors could browse CIPSRT’s complete catalogue of print resources online, select the materials most relevant to their needs, and have them delivered anywhere in Canada at no cost.

The response to the Online Resource Centre was immediate, underscoring the growing demand for accessible,

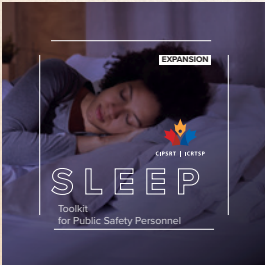
evidence-informed mental health resources for public safety personnel and those who support them. By making trusted resources easier to access, CIPSRT expanded the reach of practical tools designed to help individuals recognize mental health concerns, reduce stigma, build resilience, and connect with appropriate supports. Grounded in the best available evidence, clinical expertise, and the lived experiences of public safety personnel, these resources empower individuals, leaders, organizations, and families to take informed action in support of mental health and well-being.

TOTAL ORDERS THROUGH ONLINE RESOURCE CENTRE

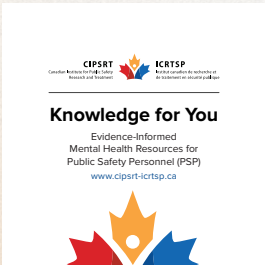


■ New orders 86% ■ Returning orders 14%

TOP 5 MATERIALS ORDERED THROUGH ONLINE RESOURCE CENTRE



Sleep toolkit resource cards



Mental Health resource cards



How to Support a Co-worker Experiencing Mental Health Issues brochure



Supporting the Mental Health and Wellbeing of Public Safety Personnel tri-fold brochure



PSPNET FAMILIES Why Families Matter flyer



Resource Distribution by the Numbers

During the 2025–26 fiscal year:

- **20,359** printed resources were distributed through the Online Resource Centre.
- **155** orders were fulfilled and shipped to communities across Canada.
- **25%** of orders originated from Health Care and Mental Health Professionals
- **13%** of orders originated from Emergency Medical Services and Paramedic organizations

Reaching Communities Across Canada

Orders were received from every region of the country, with Ontario representing the largest share of requests, followed by Alberta, BC, and Saskatchewan (see charts below).

Monitoring geographic trends provides valuable insight into where CIPSRT resources are having the greatest reach while identifying opportunities to increase outreach efforts, strengthen partnerships, and ensure resources are available to public safety communities nationwide.

Understanding What People Need

The most frequently requested resources during 2025–26 was our Sleep Toolkit resource cards, followed by our Knowledge for You Mental Health resource cards. The next most popular item was How to Support a Co-worker Experiencing Mental Health Issues followed by our tri-fold brochure titled Supporting the Mental Health and Well-being of Public Safety Personnel. The fifth most popular item was our PSPNET Families brochure (bottom, pg. 10).

The launch of the Online Resource Centre represents more than a new website feature. It is an important step toward making evidence-informed mental health support more accessible, more responsive, and more person-centred. As demand continues to grow, CIPSRT will use statistical insights to guide future resource development, ensuring our tools continue to meet the evolving needs of public safety personnel, their families, and the organizations that support them.

The continued demand for CIPSRT's resources reinforces the importance of providing practical, evidence-informed guidance that addresses both prevention and recovery.

RESOURCE DISTRIBUTION BY SECTOR



■ Healthcare & Mental Health **25%** ■ EMS / Paramedics **13%** ■ RCMP / Police **13%** ■ Corrections **12%** ■ Border Services **11%**
 ■ PSP Family Support **9%** ■ Public Safety Agencies **9%** ■ Search & Rescue **4%** ■ Fire Services **3%** ■ Academic **1%**

RESOURCE DISTRIBUTION BY PROVINCE



■ ON **46%** ■ AB **30%** ■ BC **5%** ■ SK **5%** ■ QC **4%** ■ NL **4%** ■ Maritimes **4%** ■ MB **1%** ■ National **1%**

Outreach: Building Connections Across the Public Safety Community

Throughout the year, CIPSRT participated in 218 outreach activities across Canada, including conferences, presentations, meetings, and media events.

These engagements provided valuable opportunities to share evidence-informed resources, highlight emerging research, strengthen partnerships, and better understand the evolving mental health needs of public safety personnel and those who support them.

A key focus of this work was engaging public safety personnel early in their careers, including establishing a quarterly presence at the Royal Canadian Mounted Police (RCMP) Depot Mess Hall. As well, we supported several Correctional Service Canada (CSC) events—including graduation ceremonies and Wellness

Resource Fairs. By creating opportunities to connect with individuals at the beginning of their professional journeys, CIPSRT introduces psychological health and wellness concepts early, promoting a culture of support and reinforcing help-seeking as an important part of maintaining a healthy and sustainable career in public safety.

CIPSRT also continued to support and showcase the initiatives of the Champions of Mental Health (CoMH) Alumni, recognizing the importance of strengthening networks and highlighting the ongoing contributions of those



“Your organization supports the people I love, so I will always do what I can to share CIPSRT/PSPNET as a resource.”

advancing mental health awareness and support within the public safety community.

Collaboration remained a key component of CIPSRT's outreach efforts. Building on earlier collaborative work with the Atlas Institute for Veterans and Families and partners across the Veteran, military, public safety, research, and service provider communities, the Peer Support Guidelines for Veterans, Military, Public Safety Personnel and their Families (Atlas, 2025) were released in 2025. The evidence-informed guidelines provide practical

direction for organizations seeking to develop, implement, or strengthen formal peer support programs in workplace and community settings.

Together, these outreach activities reflect CIPSRT's commitment to meeting public safety personnel where they are—whether in training environments, workplaces, professional networks, or community settings.

By building relationships, sharing resources, and supporting evidence-informed initiatives, CIPSRT continues to strengthen the connection between research, practice, and the lived experiences of those who serve.



“Our group really enjoyed the presentation and we are eager to look into all the amazing resources CIPSRT is offering for PSPs!”

Public Safety Steering Committee: Strengthening Collaboration and National Leadership

CIPSRT gratefully acknowledges the ongoing leadership and expertise of the Public Safety Steering Committee (PSSC).

Established in 2017, the Committee brings together representatives from national public safety organizations to strengthen collaboration and advance the mental health and well-being of current and former public safety personnel, their leaders, and their families.

Throughout the year, the PSSC continued to provide strategic advice, foster knowl-

edge exchange, and strengthen connections between CIPSRT and the broader public safety community. Its guidance helps ensure that CIPSRT's priorities, knowledge mobilization activities—such as the annual conference, and resources remain responsive to the evolving needs of the sector, while supporting greater collaboration and evidence-informed action across Canada.



Association of Public-Safety Communications Officials, Canada



Canadian Association of Chiefs of Police



Canadian Association of Fire Chiefs (CAFC)



Canadian Association of Police Governance



Canada Border Services Agency



Canadian Coast Guard



Canadian Police Association
Association canadienne des policiers

Canadian Police Association



Correctional Service of Canada



Canadian Security Intelligence Service
Service canadien du renseignement de sécurité

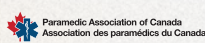
CSIS (Canadian Security Intelligence Services)



International Association of Fire Fighters



National Police Federation



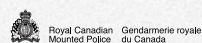
Paramedic Association of Canada
Association des paramédics du Canada

Paramedic Association of Canada



Paramedic Chiefs of Canada
Chefs Paramédics du Canada

Paramedic Chiefs of Canada



Royal Canadian Mounted Police
Gendarmerie royale du Canada

Royal Canadian Mounted Police



Search and Rescue Volunteer Association of Canada (SARVAC)



Union of Canadian Correctional Officers (UCCO-SACC-CSN)

Union of Canadian Correctional Officers (UCCO-SACC-CSN)



Union of Safety and Justice Employees (USJE)

Laying the Foundation for the 2026 CIPSRT Conference

Building on the success of CIPSRT's inaugural 2025 conference, Thriving in Public Safety: Research to Action, the organization continued to strengthen its role as a national leader in connecting research, practice, and lived experience to advance public safety personnel (PSP) mental health and wellbeing. The strong engagement and positive feedback from delegates reinforced the value of creating collaborative spaces that bridge research and real-world applications.

While the 2026 CIPSRT Conference took place after the close of the 2025–26 fiscal year and is therefore not reflected in this year's performance metrics, planning and preparation for the event represented one of CIPSRT's most significant organizational initiatives throughout the year.

Conference planning was a CIPSRT wide effort to create a national event focused on advancing public safety mental health through research, collaboration, and knowledge exchange. Months of preparation were dedicated to developing the scientific program, coordinating speakers and sponsors, supporting logistics, promoting the event, and creating opportunities for meaningful engagement among researchers, clinicians, leaders, policymakers, and public safety personnel from across Canada.

As mentioned earlier, this work would not have been possible without the extraordinary support of the Public Safety Steering Committee (PSSC).

Throughout the planning process, PSSC members generously shared their time, expertise, and networks to help ensure the conference reflected the priorities and realities of Canada's public safety community.

Committee members served as ambassadors for the conference through media interviews, public presentations, and outreach within their respective sectors, helping raise awareness and encourage participation from across the country. Many also provided invaluable logistical support behind the scenes—from assisting with local coordination and offering secure storage for conference materials to sharing practical advice and lending their expertise whenever it was needed. Their willingness to contribute in both visible and behind-the-scenes ways exemplifies the collaborative spirit that continues to strengthen CIPSRT's work.



“Every element made it clear that we, as First Responders, family members, researchers and all others who attended, truly mattered. It was an experience that made us feel seen, valued and respected. Thank you for creating that kind of space.”

Looking Ahead: Building a Stronger Future Together

The progress highlighted throughout this report reflects more than numbers—it reflects a growing movement to ensure that public safety personnel, their families, leaders, and organizations have access to the evidence-informed support they need.

From expanding access to resources and strengthening national connections to sharing research in meaningful and accessible ways, CIPSRT continues to bridge the gap between research and implementation.

This work is only possible because of the collective commitment of researchers, clinicians, public safety personnel, families, partner organizations, and our dedicated team. Together, we are creating stronger pathways to support mental health, reduce barriers to care, and foster a culture where seeking help is recognized as a sign of strength.

While the need remains significant and there is still much work ahead, the impact of these efforts is clear: more people are finding trusted information, more organizations are engaging in evidence-informed approaches, and more

conversations are taking place about the mental health of those who serve our communities. We remain committed to advancing this important work and to building a future where every public safety professional has the knowledge, resources, and support needed to thrive throughout their career and beyond.

In closing... To every public safety personnel member who serves our communities with courage, compassion, and dedication—we thank you. Your experiences, insights, and commitment continue to shape our work and remind us why advancing evidence-informed mental health support matters. It is an honour to stand alongside you, and we remain committed to ensuring that you and those who support you have access to the knowledge, resources, and care needed to thrive.



CIPSRT Acknowledgments

Improving the mental health of first responders and other public safety personnel is a national public-safety issue.



Public Safety
Canada

Sécurité publique
Canada

Funded by the
Government
of Canada

Financé par le
gouvernement
du Canada

Canada

The partnership we have with Public Safety Canada has resulted in a way forward. Since CIPSRT's creation in 2018, we have been provided with the tools and means to connect research and knowledge with public safety communities across the country.

We recognize that this partnership has helped make this important work possible, mobilizing knowledge and making it widely accessible and easily understood.

We acknowledge that Public Safety Canada's own website cites CIPSRT as a "key catalyst" for translating research and putting it in the hands of those who serve. We can't help but feel proud of this national impact.

Thanks to our federal partner, we've been able to help build capacity and turn it into measurable and meaningful action. We appreciate Public Safety Canada for recognizing the importance of a national, evidence-informed approach to public safety mental health. Helping those who help others is both an honour and a privilege, and we are grateful for the opportunity to make a difference.

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MESSAGE FROM PSPNET LEADERSHIP

We are proud to report that during 2025-2026, PSPNET served more clients than in any previous year. We also expanded our service offerings through the launch of the **PSPNET Sleep Course** in both English and French, providing an evidence-based option to address one of the most common concerns reported by Canadian public safety personnel (PSP).

Our commitment to research and continuous improvement remains central to PSPNET's mission. In 2025-2026, we published **two papers** examining outcomes of internet-delivered cognitive behavioural therapy (ICBT) among Indigenous PSP and public safety leaders. The findings from this work have already informed enhancements to our course materials, ensuring that our services continue to evolve in response to emerging evidence and the needs of the Communities we serve.

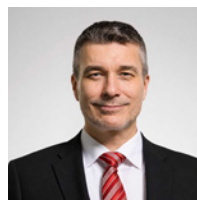
Looking ahead to 2026-2027, we are focused on expanding access to PSPNET services in additional provinces and territories. We are also preparing to launch a new course called the **Alcohol Reset Course** to address problematic alcohol use among PSP.

In addition, we are developing a **PSPNET Ambassador** initiative, which will establish mutually beneficial partnerships with PSP across Canada. Through this initiative, PSPNET will provide ongoing support, information, and resources to organizations, while ambassadors help ensure that PSPNET services are known and accessible to the PSP they serve.

We remain grateful for the opportunity to work alongside our many partners to improve access to evidence-based mental health services for Canadian PSP and their families. We look forward to continuing this important work in the years ahead.



Dr. Heather Hadjistavropoulos
Principal Investigator



Dr. R. Nicholas Carleton
Co-Investigator



Brian Schafer
Operations Manager



Dr. Jill Price
Research, Development, &
Communications Manager



Dr. Amélié Fournier
National French
Implementation Lead

OVERVIEW

PSPNET is a free, confidential, and evidence-based online mental health treatment specialized for Canadian PSP as well as their spouses and significant others.

FORMATS

Therapist-Guided:

Registered therapists specially trained in online therapy for PSP provide personalized support through secure messaging or phone — offering encouragement, tailored guidance, and practical help applying skills to your everyday life.

Build skills through evidence-based lessons with dedicated support from a registered therapist.

Currently offered to PSP in New Brunswick, Nova Scotia, Ontario, Prince Edward Island, Quebec, and Saskatchewan.

Self-Guided:

Our self-guided courses let you learn at your own pace. Whether you’re experiencing mental health concerns or want to build resilience, these courses provide practical skills that are easy to understand and apply, with weekly emails offering helpful tips and encouragement.

Build skills at your own pace. Our self-guided courses are accessible nationwide to PSP and their spouses or significant others.

COURSES

Wellbeing	designed to improve overall mental health and wellbeing
PTSD	specialized for symptoms of posttraumatic stress
Sleep	specialized for sleep concerns and difficulties



HIGHLIGHTS

All Courses

892

screens completed

832

clients enrolled

Therapist-Guided Courses

299

screens completed

265

clients enrolled

Self-Guided Courses

449

screens completed

426

clients enrolled

Sleep Courses

75

screens completed

72

clients enrolled

Spouse and Significant Other Course

69

screens completed

69

clients enrolled

CLIENT FEEDBACK

RELATABLE

*"I loved the resources and that the course is **focused on first responders**. First responders often feel isolated because of their experiences, reading about cases similar to mine **helped me feel less alone** with what I'm experiencing in my life."*

– Paramedic client

INSIGHTFUL

*"I was not sure what happened to myself. **This program helped me grow and learn**. I put much effort into trusting this program would be successful and that was what I needed. I have suggested others take this program as well."*

– Corrections client

SUPPORTIVE

*"The course has been very helpful, the skills I learned will provide me with **support well into the future!**"*

– Search and Rescue client

IMPACTFUL

*"It has dramatically **helped my ability to fall asleep/ stay asleep** and deal with intrusive thoughts at night time which was a big issue for me."*

– Policing client

TREATMENT

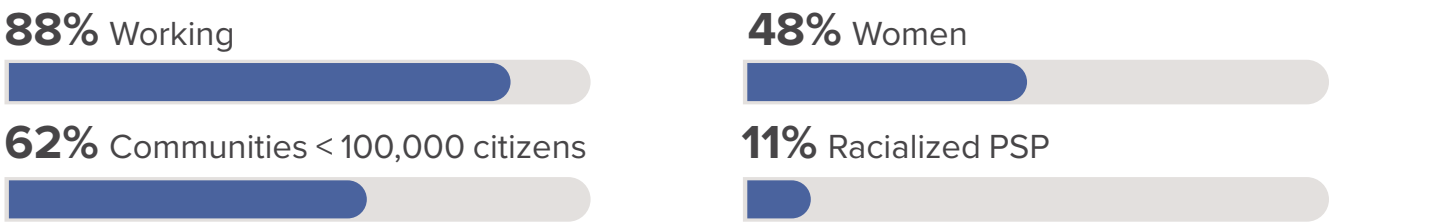
The clinical team continued to provide support to Canadian PSP and their spouses and significant others via the English and French versions of the Wellbeing and PTSD Courses. A major initiative involved the development and deployment of the PSP Sleep Course.

THERAPIST-GUIDED PSP COURSES

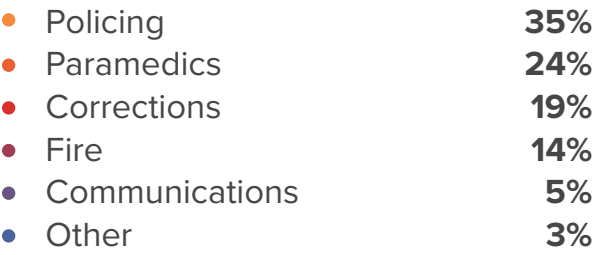
INTAKE



DEMOGRAPHICS



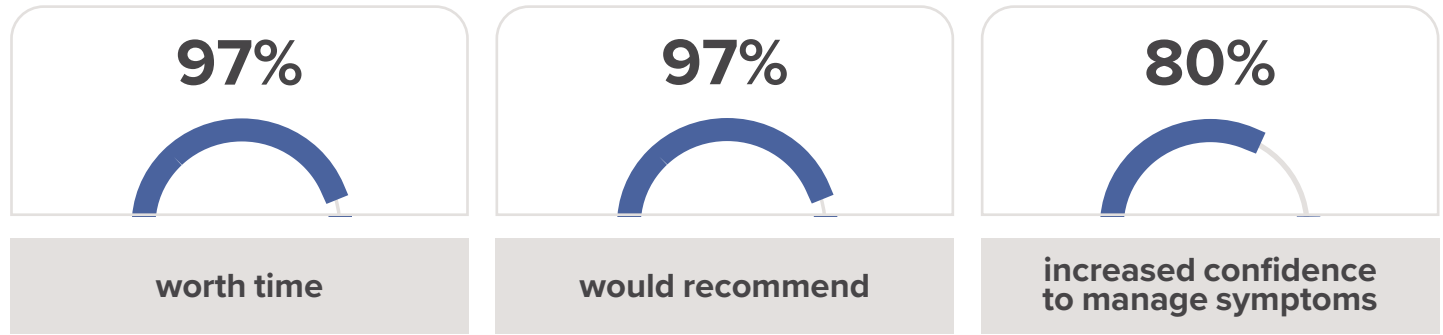
SECTORS



LOCATIONS

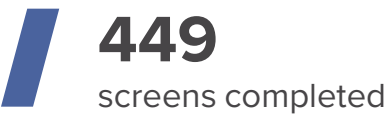


TREATMENT SATISFACTION

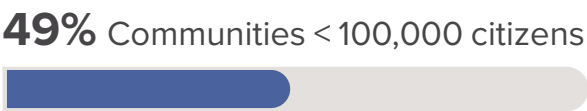


SELF-GUIDED PSP COURSES

INTAKE



DEMOGRAPHICS



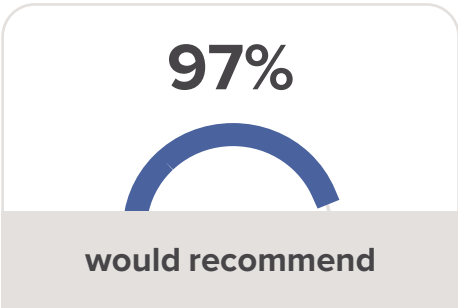
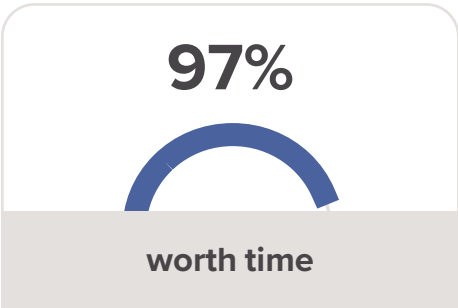
SECTORS

● Policing	35%
● Paramedics	24%
● Corrections	19%
● Fire	14%
● Communications	5%
● Other	3%

LOCATIONS

● Alberta	44.6%
● Québec	11.3%
● Ontario	11.3%
● British Columbia	10.8%
● Saskatchewan	8.0%
● Nova Scotia	4.7%
● New Brunswick	4.0%
● Manitoba	3.8%
● Newfoundland and Labrador	1.0%
● Yukon Territory	1.0%
● Northwest Territories	0.2%

TREATMENT SATISFACTION

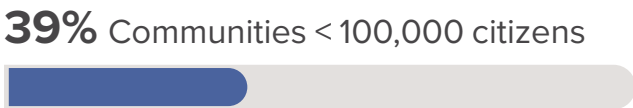


PSP SLEEP COURSES

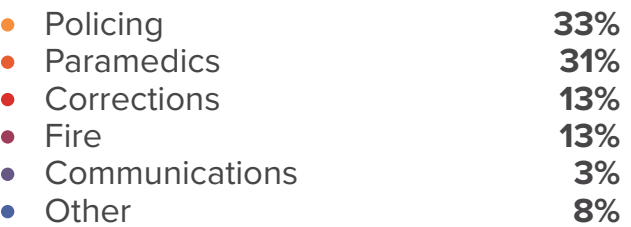
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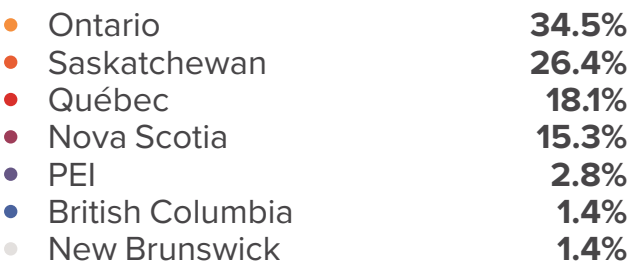
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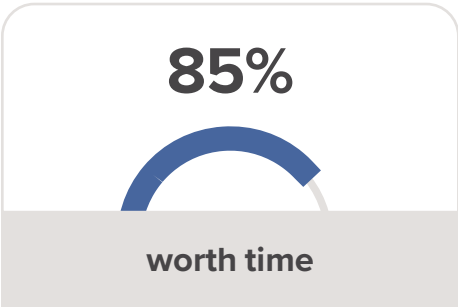
SECTORS



LOCATIONS



TREATMENT SATISFACTION

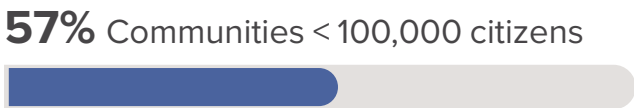


SPOUSE AND SIGNIFICANT OTHER COURSE

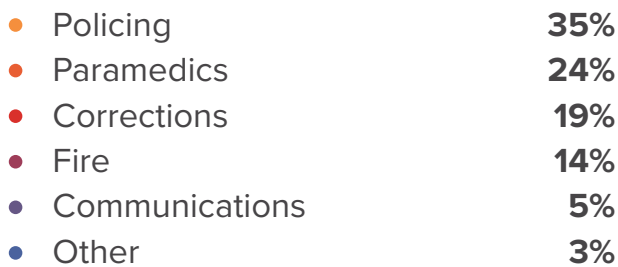
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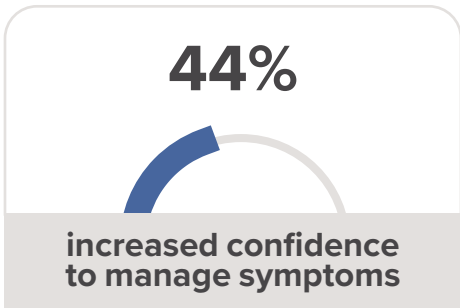
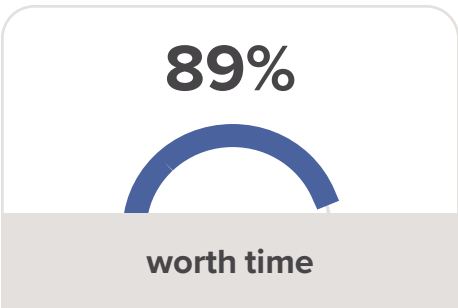
SECTORS



LOCATIONS



TREATMENT SATISFACTION



OUTREACH

The PSPNET team continues to conduct outreach efforts across the country, serving PSP and their spouses and significant others from coast to coast to coast.

63,567

Total website visits

42,119

Unique website visitors

96,714

Social media visits

471,929

Social media impressions

210

Activities attended

8,830

Presentation attendees



We continued our collaborative initiatives with the PSPNET Engagement Working and Advisory Groups. The Engagement Working Group consists of Canadian PSP from various sectors and locations across Canada whereas the Advisory Group consists of First Nations and/or Métis Elders, PSP, PSP family members, community members, and researchers from Saskatchewan. The purpose of these groups is to provide an ethical space to review current and inform future PSPNET research, services, and outreach for Canadian PSP.

“I believe PSPNET saves lives, reduces mental turmoil due to trauma due to work life, and leads to healed healthy people in our communities. That’s why I support this project. Happy, healthy healing is good.”

– Elder Betty McKenna, PSPNET Advisory Group member



RESEARCH

The research team advanced several innovative research projects to enhance ICBT for Canadian PSP. This work led to two peer-reviewed publications to further optimize ICBT for Indigenous PSP and public safety leaders.



McCall, H. C., Price, J. A. B., Ives, J., McGinnis, A., McKenna, B., & Hadjistavropoulos, H. D. (2025). **Outcomes of internet-delivered cognitive behavioural therapy tailored for Canadian public safety personnel among Indigenous and White clients.** *International Journal of Indigenous Health*, 21(1). <https://doi.org/10.32799/ijih.v21i1.45461>



Price, J. A. B., McCall, H. C., Demyen, S. A., Katz, B., Clairmont, A. P., & Hadjistavropoulos, H. D. (2025). **Optimization of internet-delivered cognitive behavioral therapy for Canadian leaders within public safety: Qualitative study.** *Journal of Medical Research*, 27, 1-12. <https://doi.org/10.2196/72321>

In addition, the team submitted papers on how PSPNET supports clients with subthreshold symptoms, and those with sleep difficulties, with findings expected in the coming year.

PSPNET ACKNOWLEDGMENTS

PSPNET gratefully acknowledges the financial support that has made its services, evaluation, and continued development possible. Public Safety Canada provides funding to the University of Regina through the CIPSRT Contribution Agreement to support PSPNET. PSPNET has also received dedicated funding through agreements with the Nova Scotia Department of Justice, Government of Prince Edward Island, New Brunswick Ministry of Health, Government of Québec (Ministère de la Sécurité publique), and Medavie Health Foundation. These agreements have supported the delivery and expansion of PSPNET services in participating provinces and regions.

We are also grateful to the many organizations and partners across Canada that have supported PSPNET's delivery, research, implementation, and expansion. Finally, we thank the Public Safety Steering Committee, public safety personnel and their families, advisors, clinicians, researchers, and other contributors who have shared their time, experiences, expertise, and feedback. Their contributions have been essential to the development, evaluation, and ongoing improvement of PSPNET and its services.



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