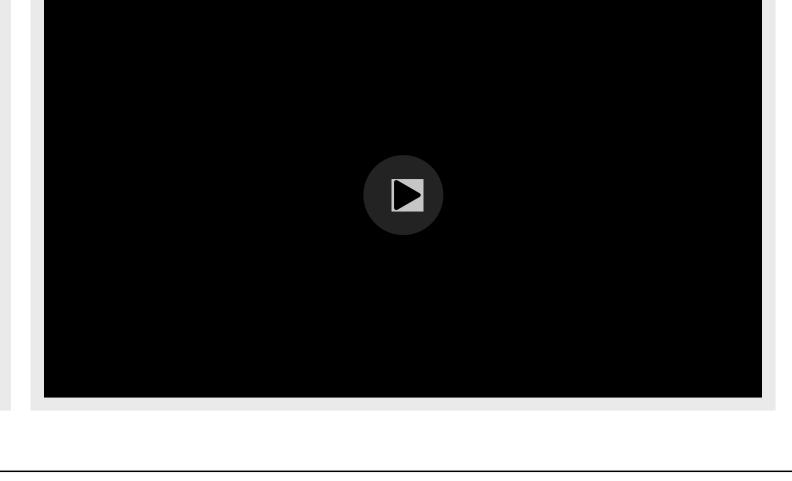


Offering Mental Health Promotion Resources and Support for Public Safety Families.

PSPNET Families is an online wellbeing hub created to assist the varied challenges encountered by those whose lives are connected with public safety personnel in Canada. Take a moment below to listen to Dr. Nathalie Reid provide an overview of PSPNET Families in the following informational videos:



d'éducation et d'intervention en santé en cas de pandémie



PSP include individuals (career and volunteer) that ensure the safety of

Who is a Public Safety Member?

Canadians, some examples include but are not limited to border service officers, correctional workers, firefighters, policing, etc.

The PSPNET Families Wellbeing Hub addresses diverse aspects of PSP roles, including the impacts of the logistics, risks, and identities on PSP families through the different stages of a public safety career. Being a family member of a PSP professional is a unique and often demanding experience. PSPNET Families aims to provide families upstream mental health supports by offering information, strategies, and an internet-delivered cognitive behavioural therapy course.

If your life is in some way connected to someone who is a public safety personnel, the PSPNET Families Wellbeing Hub is designed for you. We

Who is a family member?

understand "family" as an inclusive term including all those who are PSP-connected such as parents, spouses, significant others, close friends, adult siblings and adult children who are in relation to a working member of Canada's public safety sector.



Evidence-informed: Top researchers in their fields have worked to develop the resources within the PSPNET Families Wellbeing Hub. You can have confidence and peace of mind when

PSPNET Families is:

accessing the PSPNET Families website as all content has been thoughtfully and purposefully curated by professionals with decades of experience. Community-focused: PSPNET Families has worked closely with family members of PSP. Each resource has been carefully and thoughtfully vetted by PSP family members and subject

matter experts. Open to feedback and continuously adapting: PSPNET Families welcomes feedback and incorporates community input into their Wellbeing Hub. Visit their website, and look for the blue feedback button on the right side of your screen, or the quick check-in feedback options at the bottom of each information page, if you have something to share. Check back often, as new

resources are continuously added.

Explore the PSPNET Families Website

Families and Couples Information



Strategies and downloadable skill-building exercises covering diverse topics specific to PSP

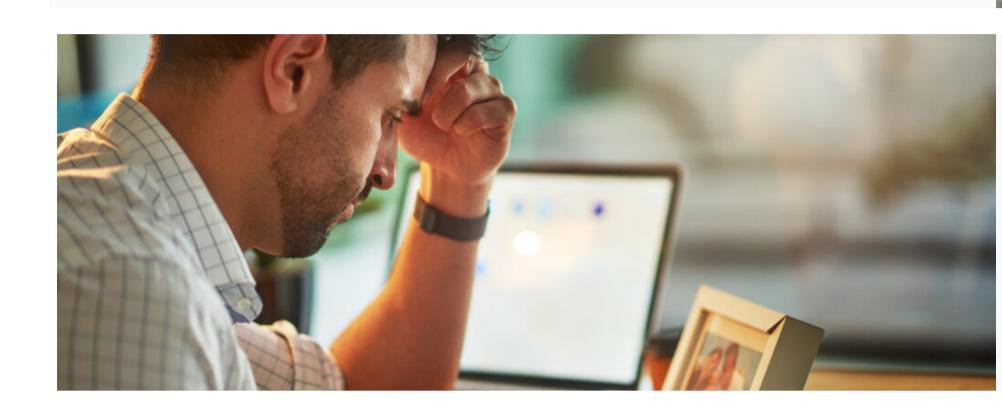
family life including trauma exposure, family roles & responsibilities, sleep, shiftwork, childcare

and more.

Learn More

accompany PSP work **Learn More**

Varied information pages that provide insights into the logistics, risks, and identities that

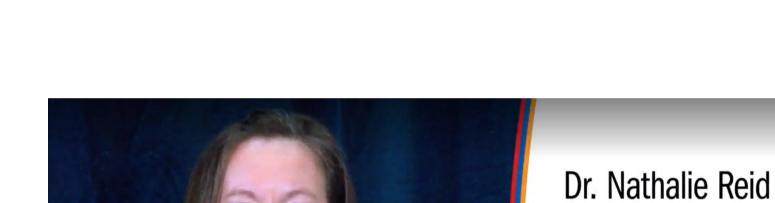


Wellbeing Course A self-guided internet-delivered cognitive behavioural therapy course. **Learn More**

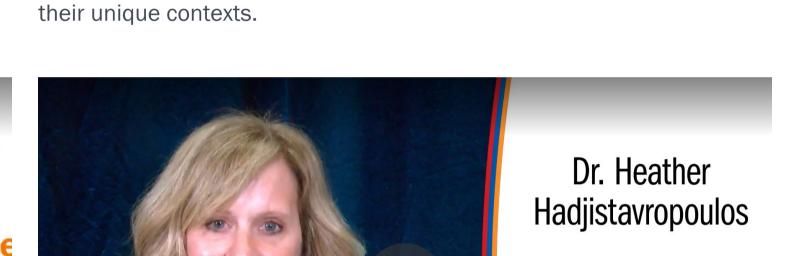
The Spouse or Significant Other (SSO)

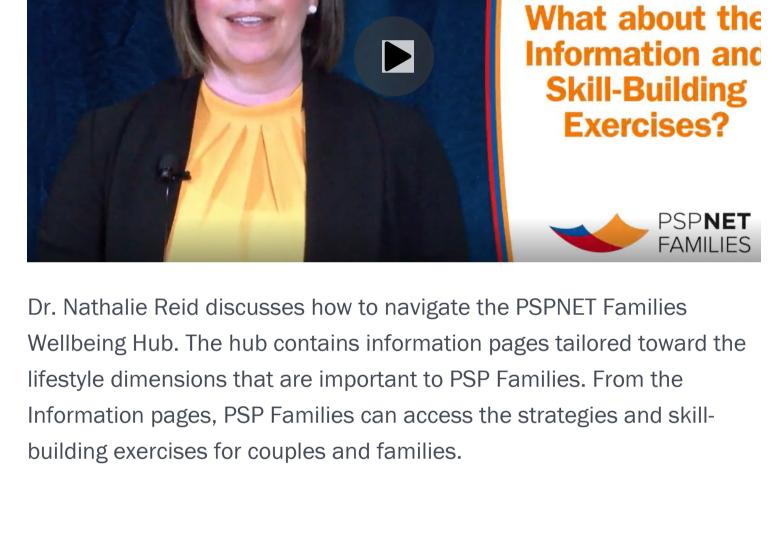
Project Resources Informational Videos



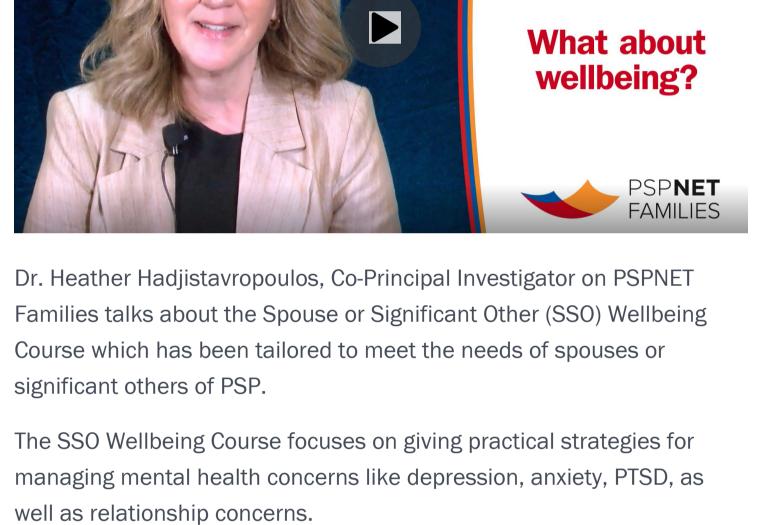




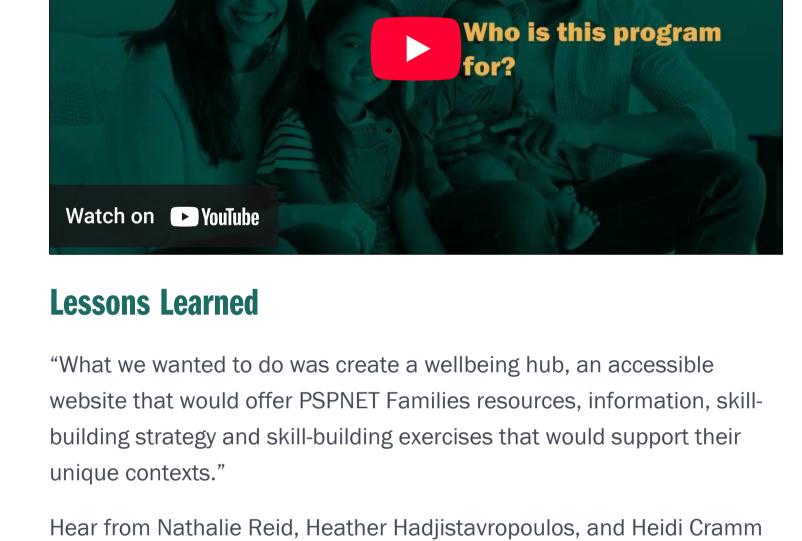




C PSPNET Families Video Subtitled EN



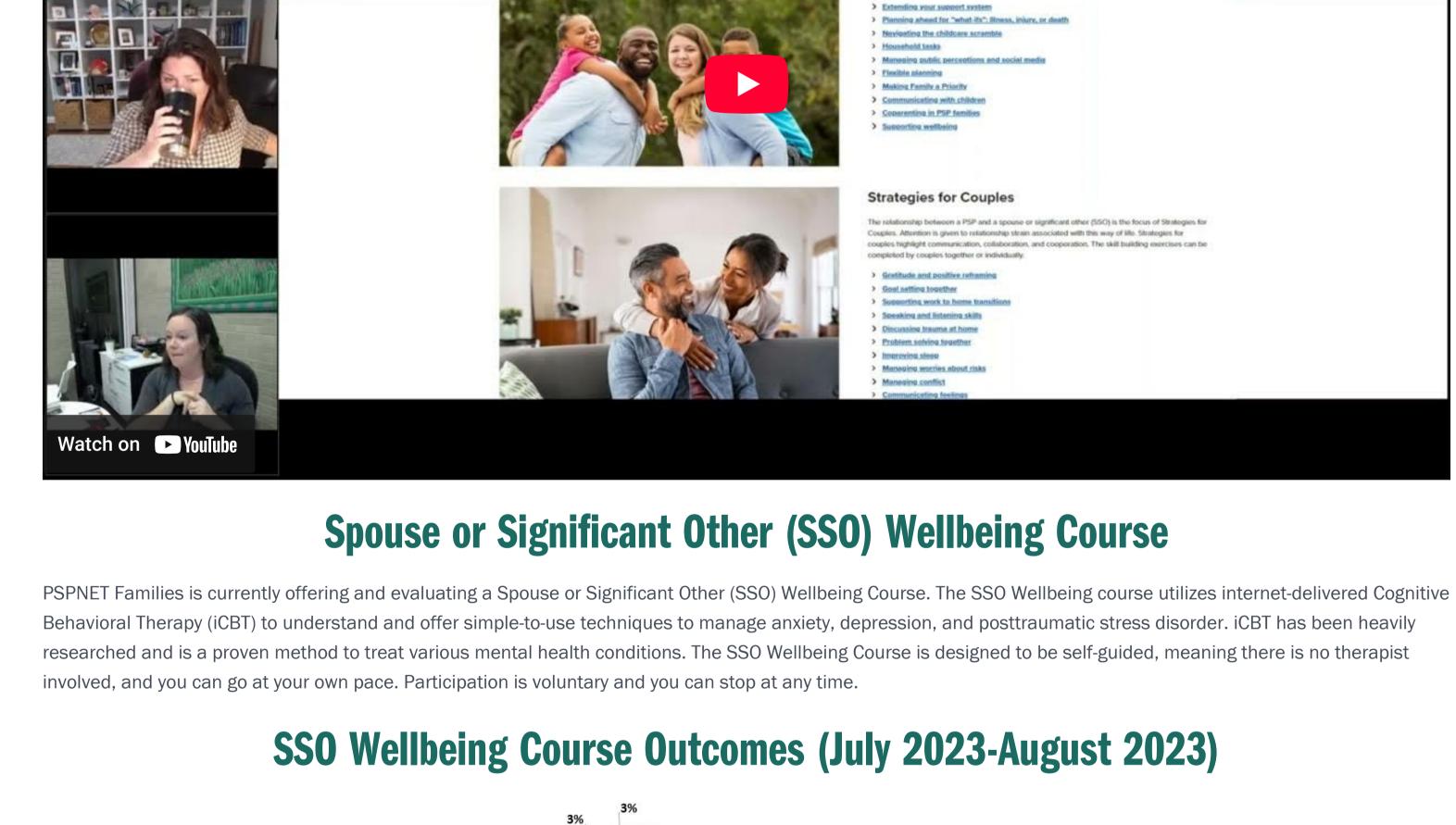
Share



about the lessons that PSPNET Families learned.

C FMRG Webinar Nov16

What Families and Couples STRATEGIES Strategies and Skill-Building Exercises The strategy pages are aimed at awareness, promoting good practices, and provention



CIPHER Webinar Series: PSPNET Families Showcase

Strategies for Families

■ Police/RCMP

■ Corrections

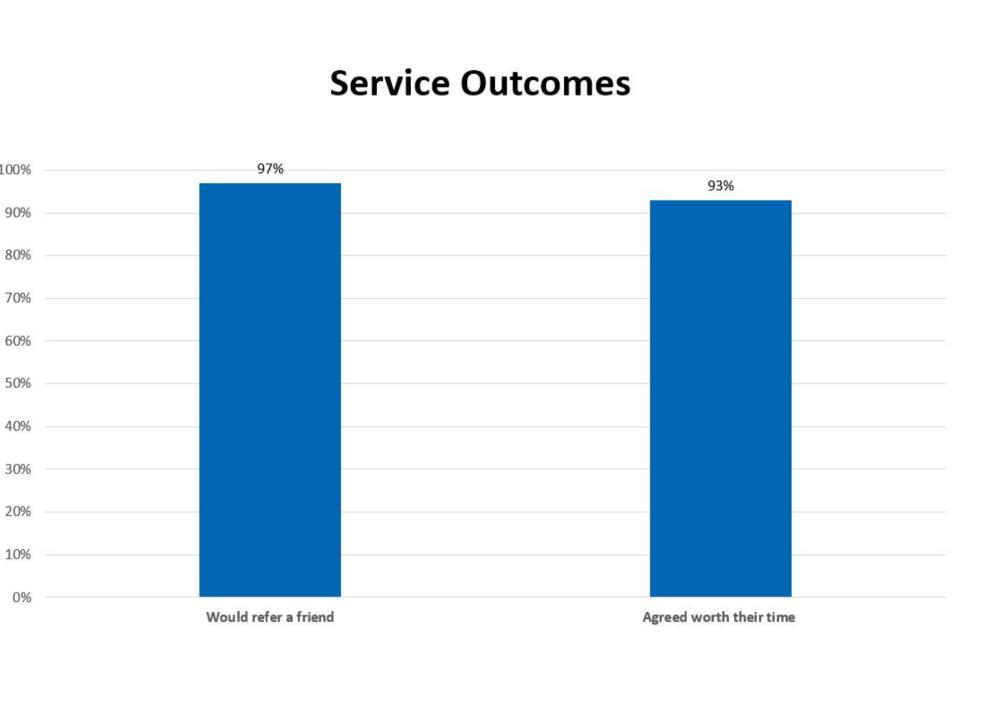
Paramedics/Related Emerg Services

Others including Border Services

■ Public Safety Communicators (e.g., 911, Dispatch)

Strategies for Families are focused on families working together to manage a variety of situations

54%



Learn More about the SSO Wellbeing Course

PSPNET Families Overview: Supports and Research for Families of Public Safety

Personnel

Print PDF

PSPNET

FAMILIES

Increase support

for first responder

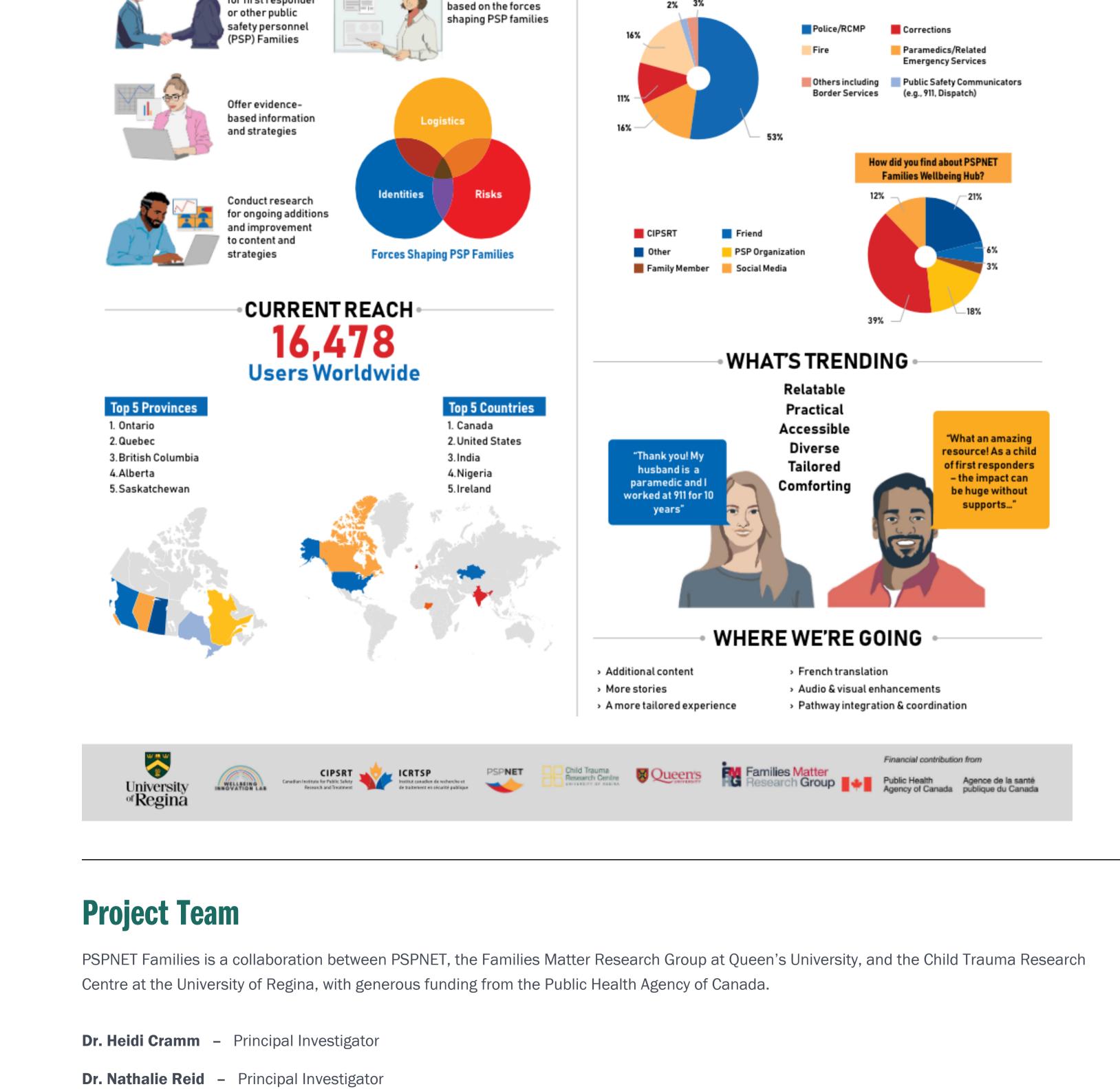
Dr. Heather Hadjistavropoulos - Principal Investigator

WHAT WE DO

Download PDF

website: pspnetfamilies.ca WHO WE REACH Spouse or Significant Other Demographics By Sector: Provide relevant content

Scan the QR Code to visit our



Connect with the PSPNET Families Team

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