



IMPROVING THE WELLBEING OF FIRST RESPONDERS & OTHER PUBLIC SAFETY PERSONNEL THROUGH ACCESSIBLE ONLINE CONFIDENTIAL EVIDENCE-BASED TREATMENT

Canadian Institute of Public Safety Research and Treatment (CIPSRT) is excited to announce the development of the Public Safety Personnel Internet-delivered Cognitive Behaviour Therapy (PSPNET) team

What is PSPNET ?

PSPNET is a team of clinicians and researchers based at the University of Regina who are developing, delivering, and evaluating Internet-delivered cognitive behaviour therapy (ICBT) for Public Safety Personnel (PSP). The team is tailoring an ICBT program initially developed in Australia and then researched by Dr. Heather Hadjistavropoulos, Executive Director of the Online Therapy Unit at the University of Regina. Research will be conducted to evaluate the effectiveness of ICBT for PSP.

Who We Serve

FIRST RESPONDERS and **PSP** who ensure the safety and security of Canadians such as tri-services (police – including the Royal Canadian Mounted Police, career and volunteer firefighters and paramedics), correctional employees, border services personnel, operational and intelligence personnel, search and rescue personnel, Indigenous emergency managers, and public-safety communications officials.

How to Access PSPNET

PSPNET will start accepting clients in Saskatchewan in late 2019. The next phase of the program will offer services in Quebec in 2020.

How We Help

- **ONLINE MODULES SUPPLEMENTED AS NEEDED WITH THERAPIST SUPPORT** through a combination of secure e-mails or phone calls
- Addresses anxiety, depression, and post-traumatic stress
- Assists clients with **UNDERSTANDING AND COPING** with patterns of **THOUGHTS, BEHAVIOURS,** and **FEELINGS** that cause distress or lead to difficulties in everyday functioning
- PSPNET is **EASILY ACCESSIBLE** for clients who report barriers to care (i.e., geographic, logistical, limited resources, stigma barriers)
- PSPNET team follows strict ethical and legal guidelines to protect client **CONFIDENTIALITY**

Eligibility for First Responders and PSP

- Are 18 years of age or older
- Have access to a computer with internet
- Are experiencing symptoms of anxiety, depression, or post-traumatic stress injuries
- Are not seeking emergency services
- Are willing to periodically answer questionnaires to evaluate the effectiveness of the PSP Wellbeing Course

ACCESSIBLE ONLINE TREATMENT

This study has been approved by the University of Regina Research Ethics Board.

www.pspnet.ca

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