



**PSPNET**

**WE ARE HERE WHEN YOU NEED US**

# FREE, EVIDENCE-BASED, ONLINE THERAPY

developed for first responders and other  
public safety personnel (PSP)



## WHAT OTHERS SAY...

**99%** agreed PSPNET was worth their time

**99%** would refer PSPNET to a friend

**90%** reported increased or greatly increased  
confidence in managing symptoms

Based on feedback from > 1,000 clients

“I found the combination of education, encouragement, and progressive manageable skill building made a noticeable difference in my day-to-day life.”

SIGN UP TODAY BY VISITING  
[WWW.PSPNET.CA](http://WWW.PSPNET.CA)

Funded by the Government of Canada | Financé par le gouvernement du Canada | **Canada**

**MEDAVIE**

**NOVA SCOTIA**  
NOUVELLE-ÉCOSSE

**Prince Edward Island**  
CANADA

**CIPSRT**  
Canadian Institute for Public Safety  
Research and Treatment | **ICRTSP**  
Institut canadien de recherche et  
de traitement en sécurité publique

**New Brunswick**  
NOUVEAU BRUNSWICK  
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