

MEMORANDUM TO: All Chiefs of Police and
Commissioner Thomas Carrique
Chairs, Police Services Boards

FROM: Ken Weatherill
A/Assistant Deputy Minister
Public Safety Division

SUBJECT: PSPNET

DATE OF ISSUE:	July 11, 2023
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In partnership with the Ministry of the Solicitor General, the Canadian Institute for Public Safety Research and Treatment has launched PSPNET to all public safety personnel (PSP) across Ontario including municipal police services, Indigenous police services and the Ontario Provincial Police.

PSPNET is a free, confidential, internet-based Cognitive Behaviour Therapy program that supports the mental health needs of current and former PSP, and is currently offered across New Brunswick, Nova Scotia, Prince Edward Island, Quebec, Saskatchewan and now Ontario.

The program offers treatment and education/prevention services to address anxiety, depression, and post-traumatic stress for PSP, who include, but are not limited to, police officers, correctional workers and probation and parole officers, coroners, forensic pathologists, firefighters and fire investigators, forensic scientists, field officers, paramedics, ambulance communication officers, and animal welfare inspectors. Online therapy is offered in both national languages, is confidential, and can be accessed online or by phone.

For more information or to inquire about how to register for the program, please visit: **www.pspnet.ca or contact the PSPNET team by email at pspnet@uregina.ca or phone 1-833-317-7233 (SAFE).**

Please feel free to share this new program broadly across your respective networks.

For further information, and if you have any questions, please contact Zarsanga Popal at Zarsanga.Popal@ontario.ca.

Sincerely,

K. Weatherill

Ken Weatherill
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Public Safety Division

c: Mario Di Tommaso, O.O.M.
Deputy Solicitor General, Community Safety

Creed Atkinson
Chief of Staff, Ministry of the Solicitor General