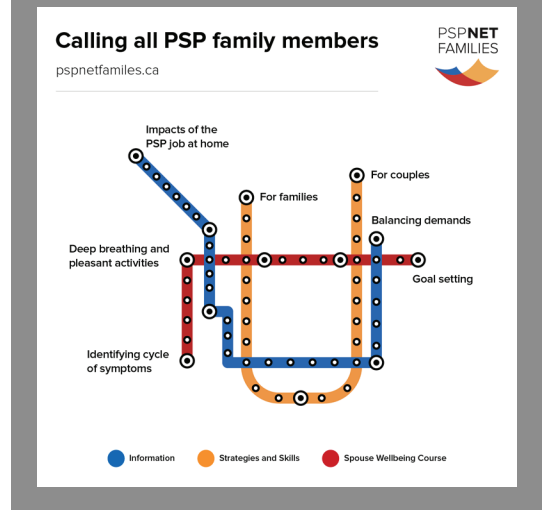


PSPNET Families is an online hub of upstream mental health and wellbeing information and strategies for public safety families that also offers a self-directed online cognitive behavioural therapy course for spouses or significant others of public safety personnel. Developed by Drs. Heather Hadjistavropoulos, Nathalie Reid, and Heidi Cramm, it accommodates users from the wide range of public safety sectors, taking into account the wide range of family compositions, career and life-cycle stages, and the variety of needs of those using the site. Since December 2022, there have been 22,000 users who have visited the site. There are 21 information pages dedicated to offering insight into the logistic, risk, and identities factors that make PSP family life unique. The **Information Pages** are interactive, informative, and lead to the possible strategies connected with the page's content. The most visited Information Pages have been: *Workplace Requirements, Public Expectations, and the Effects; Family Responsibilities & Role Overload;* and, *Trauma Exposure and its Ripple Effects.*

The **Strategies and Skill-Building Pages** are well-suited for those seeking ideas on how to manage some of the complexities that are arising in concrete and practical ways. The 20 Strategies and Skill-Building pages are divided into two categories: **strategies for couples** and **strategies for families**. These pages offer some context, and then offer interactive, downloadable, fillable activities and reflection questions supportive of PSP couples and families. While not all strategies work for all families, we are sure there is something there for everyone. So far, the most visited Strategies pages have been: *Improving Sleep; Extending Your Support System;* and, *Communicating With Children.*

PSPNET Families also offers the Spouse or Significant Other Wellbeing Course — a self-directed online, internet-cognitive behavioural therapy course, similar to the PSP Wellbeing Course on PSPNET but adapted for spouses or significant others. This course supports the individual in their personal wellbeing journey. To date, 189 people have enrolled in the Spouse or Significant Other Wellbeing Course. Initial research suggests that many spouses or significant others had positive perceptions of the course and found diverse aspects of the course helpful. As a whole, PSPNET Families has been found to offer connection, appropriate and relevant content and language, and helpful strategies to support the unique experiences of PSP Families.





Calling all PSP Family Members
Visit our website to explore resources tailored to the unique needs of families like yours.
pspnetfamilies.ca

● Spouse Wellbeing Course
● Strategies and Skills
● Information





Sign up and learn skills from the public safety personnel (PSP) Spouse Wellbeing Course
pspnetfamilies.ca




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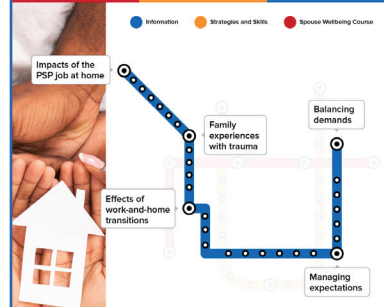


Try strategies for public safety personnel (PSP) families and couples
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● Strategies and Skills
● Spouse Wellbeing Course





Explore the dimensions of public safety personnel (PSP) family life
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