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220 LAURIER AVENUE WEST  
8TH FLOOR  
OTTAWA ON K1P 5Z9  
[www.npf-fpn.com](http://www.npf-fpn.com)

May 29, 2026

Monsieur Ian Lafrenière, député  
Ministre de la Sécurité publique  
Gouvernement du Québec  
Adresse courriel : [ministre@msp.gouv.qc.ca](mailto:ministre@msp.gouv.qc.ca)

**Re: Supporting PSPNet for Public Safety Personnel in Quebec**

Dear Minister Lafrenière,

On behalf of the National Police Federation (NPF), representing nearly 20,000 RCMP Members across Canada, including about 900 in Quebec. I am writing to strongly encourage your government to consider investing in PSPNet as a proven, cost-effective mental health support for public safety personnel in Quebec.

Public safety personnel, including police, fire, paramedics, corrections, border services, communications, emergency management, and search and rescue, routinely face trauma, chronic stress, and operational pressures that significantly impact their mental health and family well-being. Research shows high rates of depression, anxiety, and posttraumatic stress injuries across these sectors, combined with persistent barriers to care such as stigma, shift work, remote postings, and limited access to specialized services.

PSPNet directly addresses these challenges by offering:

- **Internet-delivered, evidence-based cognitive behavioural therapy (ICBT)** specifically tailored for current and former public safety personnel, as well as their spouses or significant others.
- **Free, confidential access**, with both therapist-guided and fully self-guided options, allowing PSP to seek help discreetly from home or work without travel or time away from duty.
- **Flexible delivery** that fits around shift work and is accessible from rural and remote communities anywhere an internet or phone connection is available.
- **Demonstrated clinical impact**, with substantial reductions in symptoms of anxiety, depression, and posttraumatic stress, high engagement, and very strong satisfaction and perceived helpfulness reported by PSP participants.

Quebec has already benefited from the PSPNET program; however, its funding was discontinued. Based on the information we have, the cost to ensure the program's continuation is estimated at \$250,000 per year. Outcomes from PSPNet's existing jurisdictions are compelling: evaluations show that 70% of participants experience clinically significant improvement in anxiety, depression, and PTSD with strong gains in functioning, and 98% report the program was worth their time and they would recommend it to a friend. Given that services are delivered digitally using established, scalable ICBT programs, the cost per user is low relative to the potential savings in reduced sick leave, improved retention, fewer disability claims, and better on-the-job performance.

From our perspective, the benefits of partnering with PSPNet far outweigh the investment required: your government would provide thousands of public safety personnel and their families with rapid, confidential access to high-quality, specialized mental health care, without the bricks-and-mortar costs and workforce shortages that limit traditional services. For our Members, this kind of support can be the difference between continuing to serve safely and leaving the profession due to untreated psychological injuries.

We are confident that an investment in PSPNet would be a high-value, high-impact step in strengthening the mental health and resilience of those who protect and serve communities across Quebec.

Thank you for your consideration of this important opportunity.

Sincerely,

A handwritten signature in blue ink, appearing to read "Sauvé".

Brian Sauvé  
President & CEO