A MESSAGE FROM THE UNIVERSITY OF REGINA RESEARCH STUDY TEAM

During this pause in training activities at Depot Division due to COVID-19, the University of Regina Research Study team would like to pass on a heartfelt appreciation to all the cadets who have participated in, and continue to participate in, the RCMP PTSD Research Study. We sincerely appreciate your efforts and the information you have provided thus far. We also appreciate being able to maintain contact with you via our Help desk staff and the remote clinical interviews. We want you to be assured that we will continue to support you in the field.

In the interim, if you are experiencing a mental health crisis, please contact 911 immediately or go to your nearest emergency department. If you are in Saskatchewan, you may choose to access supports at [www.pspnet.ca.](http://www.pspnet.ca/) Across Canada the Canadian Psychological Association has also identified psychologists who are willing to donate some of their time to provide psychological services to front line health care providers (for more information, please go to: <https://cpa.ca/corona-virus/psychservices/>). We have also provided lists of links to mental health resources in each province [here.](http://rcmp.hosting2-bravotango.com/assets/contact-list-for-provincial-and-territorial-colleges.xlsx) We will update the resource lists as needed.

Thank you again to all of you. Take care and stay safe.