January 20, 2026

Dear Colleagues,

We are writing jointly on behalf of the Canadian Police Association and the Canadian Association of Chiefs of Police to encourage your active support in promoting participation in the National Post-Traumatic Stress Injury (PTSI) Prevalence Study among your members and personnel.

As you know, this important research builds on previous work examining the mental health and well-being of Canadian police personnel. The information gathered will provide valuable insight into whether progress has been made since the last study and will help identify where further efforts are needed to support those who serve our communities every day.

To date, participation in the study has been lower than expected. We are therefore making this joint appeal to ensure that police personnel across all ranks and roles are well represented. Without a strong level of participation, we will not have the comprehensive data necessary to advocate effectively for the resources, policies, and supports our members need and deserve.

This work has direct relevance to the recruitment and retention challenges currently facing police services across the country. Understanding and addressing the psychological demands of policing is essential to improving wellness supports and ensuring that our organizations remain healthy and sustainable for the long term.

We appreciate that the survey is comprehensive and requires a meaningful investment of time from participants. However, it has been designed to make participation as manageable as possible. The first portion of the survey can be completed in about 30 minutes, after which participants can decide whether to continue further. In addition, members can pause and return later using a secure access code, allowing them to complete the survey in multiple sessions, for example, during quieter moments of their shifts, and then resume later as operational demands allow. We ask for your assistance in emphasizing this flexibility, as it helps make participation more convenient while still gathering the information necessary to strengthen evidence-based mental health supports.

We would be grateful for any help you can provide to encourage participation through your internal communications, member outreach, and organizational channels. Your leadership and engagement will make a real difference in the success of this initiative.

A copy of the official information letter for participants is attached for your reference and circulation. If you or your members have any questions about the study or the process, please do not hesitate to contact either of our organizations directly.

Thank you for your ongoing support of this important work, and for your continued commitment to the health and well-being of Canada's policing community.

Sincerely,



Tom Stamatakis
President, Canadian Police Association



Commissioner Thomas Carrique
President, Canadian Association of Chiefs of Police