



COPE Safety Plan

Warning signs:

What are some of the warning signs that you may be at risk of harming yourself (e.g. feeling trapped, worthless or hopeless) and what can you do to protect yourself and your infant?

Warning signs: _____

Protective action: _____

Coping strategies:

What are some of coping strategies that you help you and decrease the level of risk?

Support networks:

Who can you turn to people to assist you in times of need?

Professional help:

Which health professionals and agencies can be contacted for help?

