

My Tools^o Transition Guide

Soon (new date to be confirmed), all your information on My Tools will be deleted. Find out how to save your data so you don't have to start from scratch on the new platform. We recommend accessing the current version of My Tools from a computer so you can copy-paste your information into a document.



Take action

Changes in the new version!

Getting better my way and My daily challenges will be replaced by My small steps which will allow you to set achievable challenges or form habits day by day.

What to save

Copy-paste your daily challenges and strategies from these sections into a document. That way, you can draw inspiration from previous entries to fill out the new version.



Get motivated

Changes in the new version!

This tool will still exist in the platform along with the same quotes that were there before. However, you will no longer be able to add your own quotes or mark any as favourites.

What to save

To hold on to the quotes you wrote, copy and paste them into a document or take a screenshot of them.



Calm down



Reach out



Protect myself

Changes in the new version!

Your warning signs, coping strategies, and contact information of loved ones and professionals are now a part of your safety plan.

What to save

If you had not initially included this information in your safety plan or if you have not yet created one, copy and paste all this information into a document. You can once again draw inspiration from these ideas when creating or updating your safety plan.

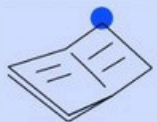
Note: a [breathing exercise](#) will still be part of the new version of My Tools.

My safety plan

If you already have a safety plan, you don't need to copy and paste its contents. It will automatically be transferred into your new My Tools account, provided that you use the same email address as the one you use to access your current plan.

Self-assessment

The self-assessment will still be accessible. If you've already completed a self-assessment, email it to yourself for safekeeping.



Journal

Changes in the new version!

You will have to start a new journal in the newly more interactive and complete My journal section of the platform.

What to save before

If you would like to keep a version of your current journal, make sure to take screenshots of your entries.