



LET IT OUT

TAKE CONTROL OF YOUR MENTAL HEALTH

Accessing Websites Tutorial

This tutorial focuses on helping you to access websites, specifically Let It Out.

Accessing a web browser

1. Double click on your web browser to open it. You can find your web browser on the desktop or on your menu. The most common web browsers are Google Chrome, Firefox and Internet Explorer.

Figure 1 – Using the desktop

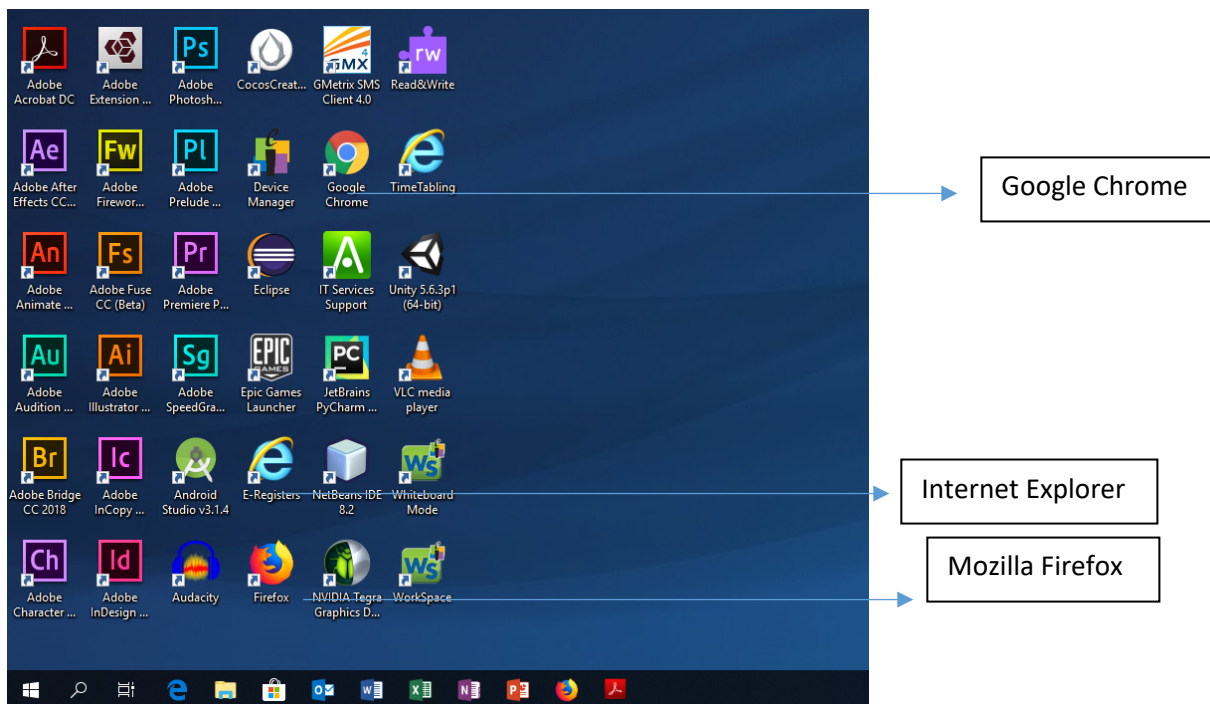
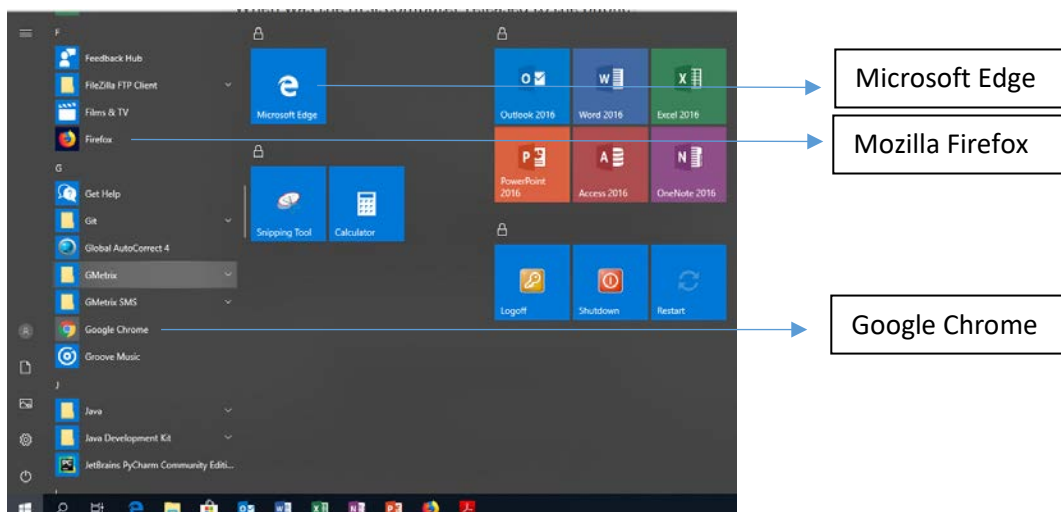


Figure 2 – Using the Start Menu





LET IT OUT

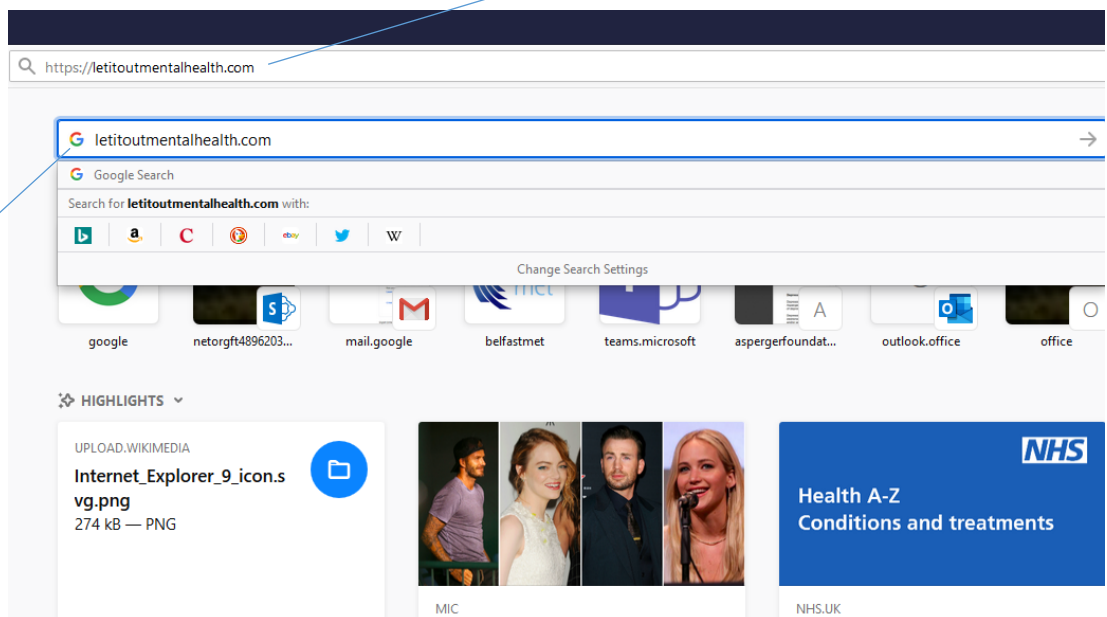
TAKE CONTROL OF YOUR MENTAL HEALTH

- Using the web browser to access letitoutmentalhealth.com

You can use the URL bar or the search bar to access our website. Our website address is <https://letitoutmentalhealth.com>

Using the URL

Using the URL



If you type Enter on the keyboard it will take you to the website.

