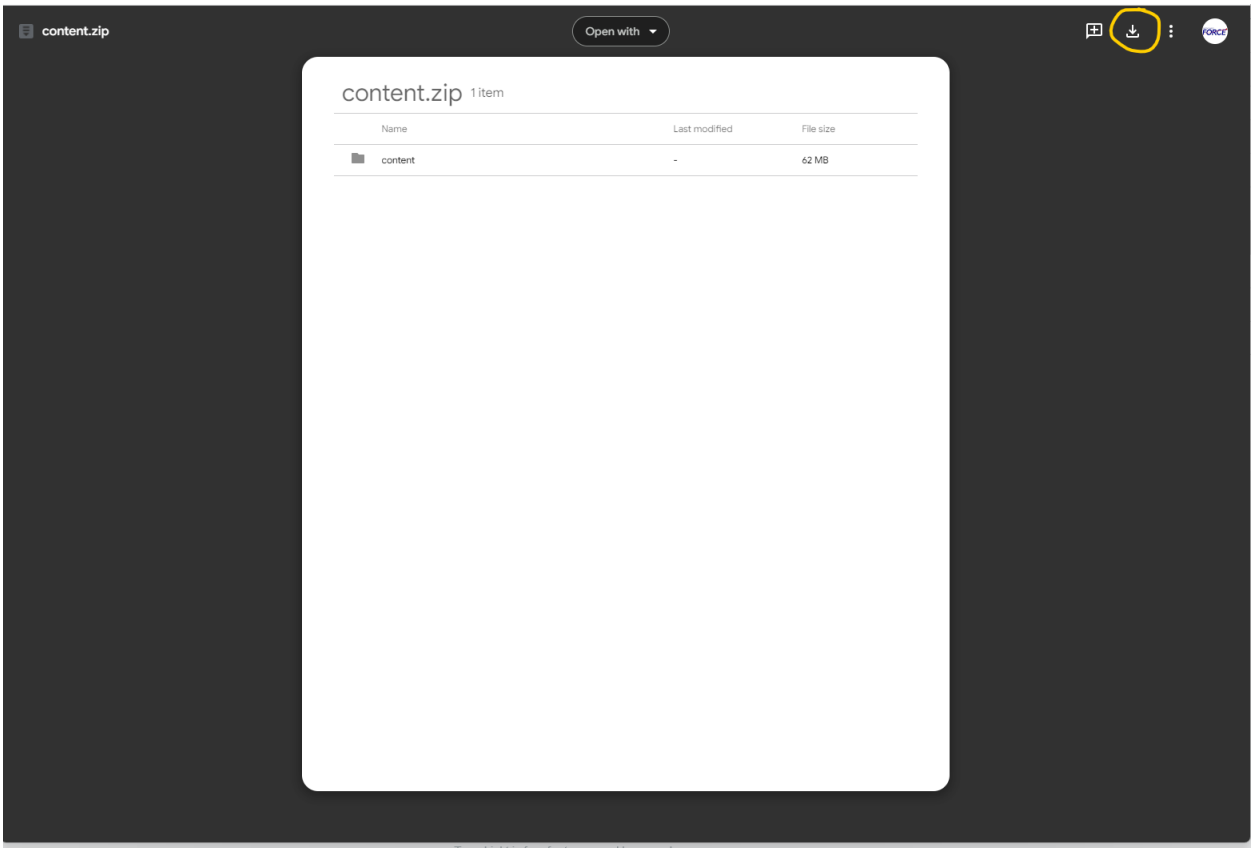
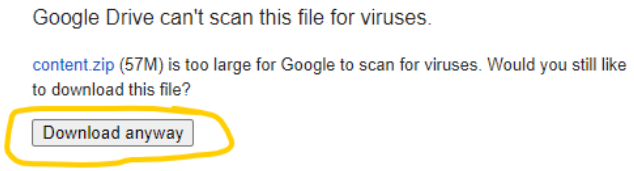
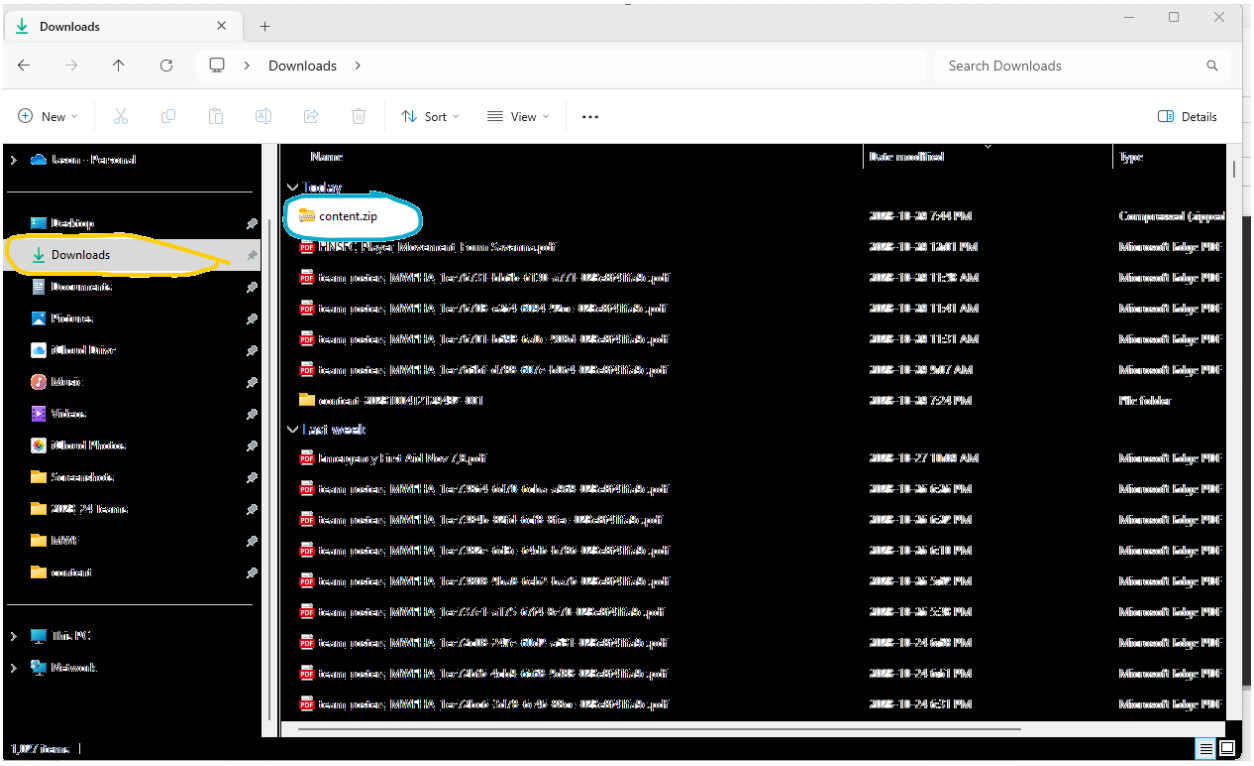
1. You will get the following page. Click on the download button (circled in yellow)



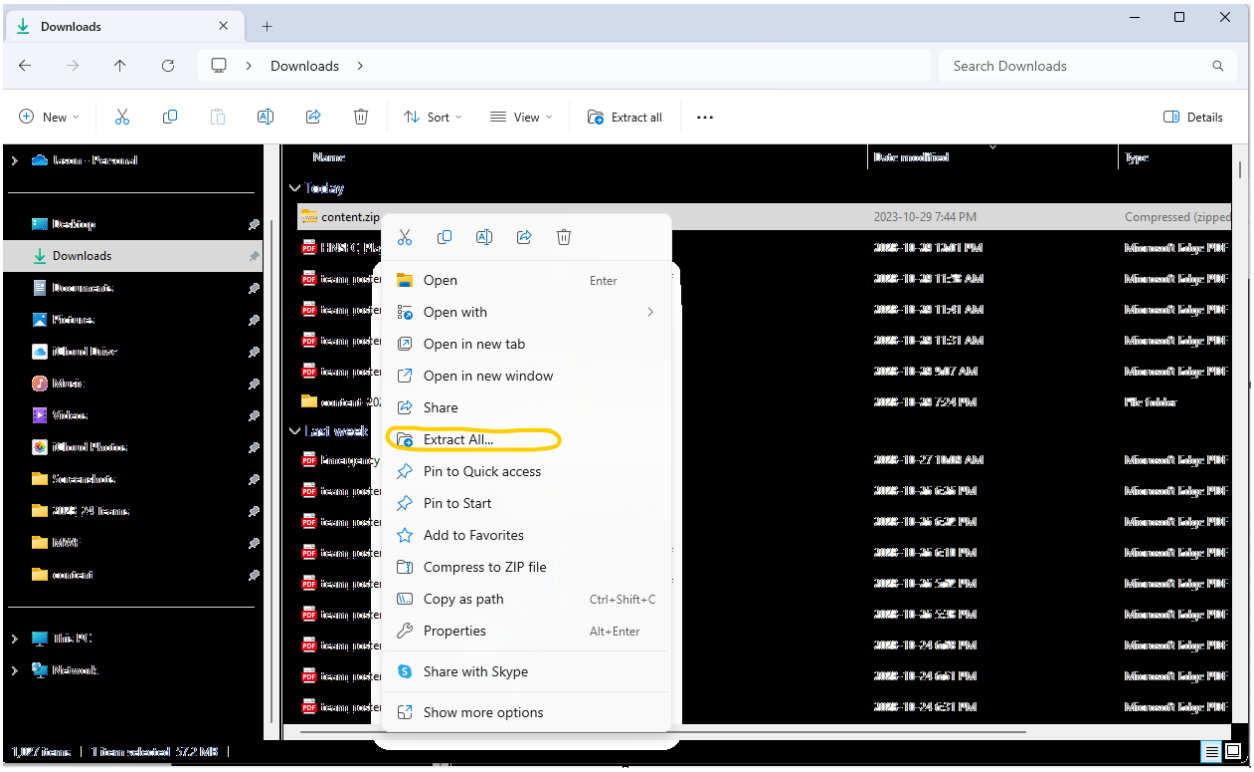
2. From the page, click on "Download Anyway" (circled in yellow)



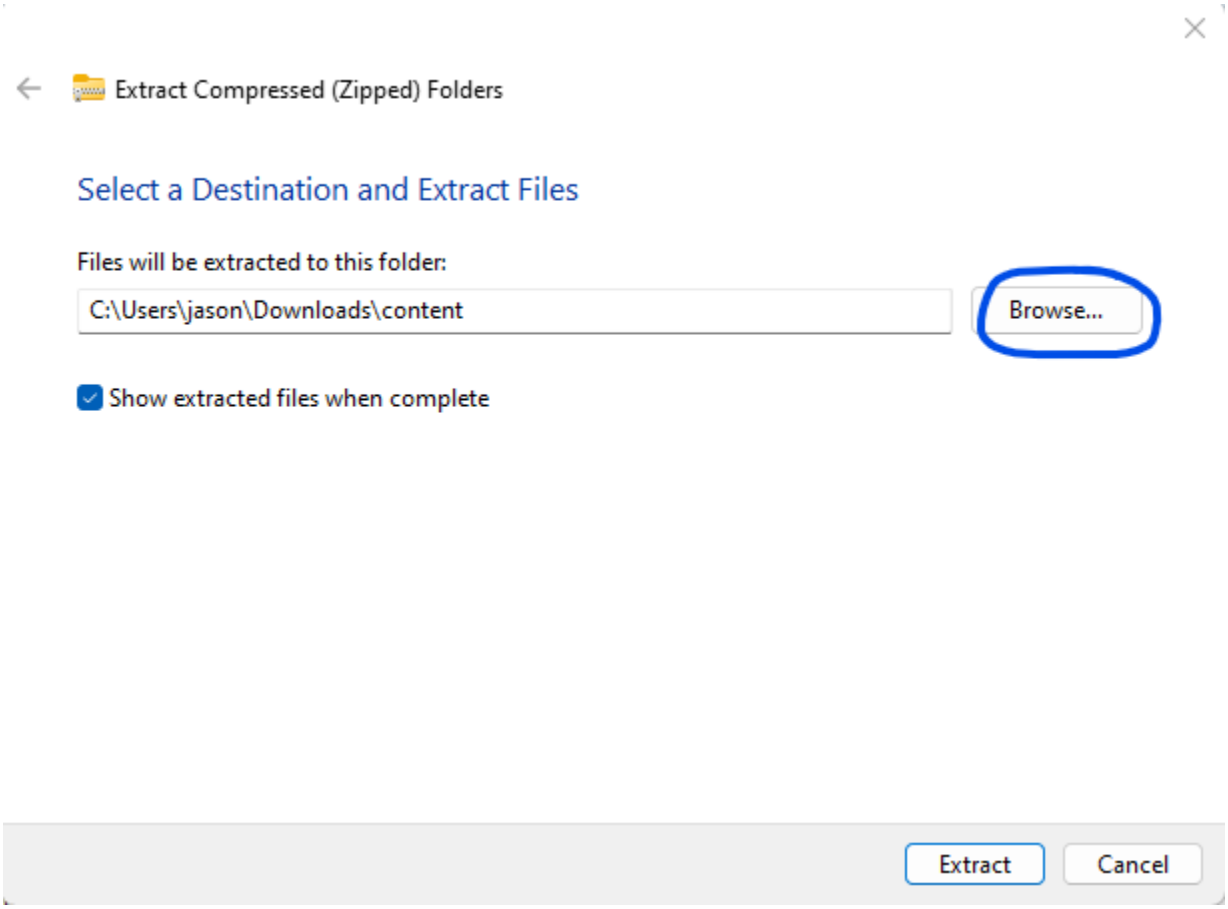
3. Go to your **Downloads** folder (circled in yellow) and **<u>right-click</u>** on the **content.zip** file (circled in blue)



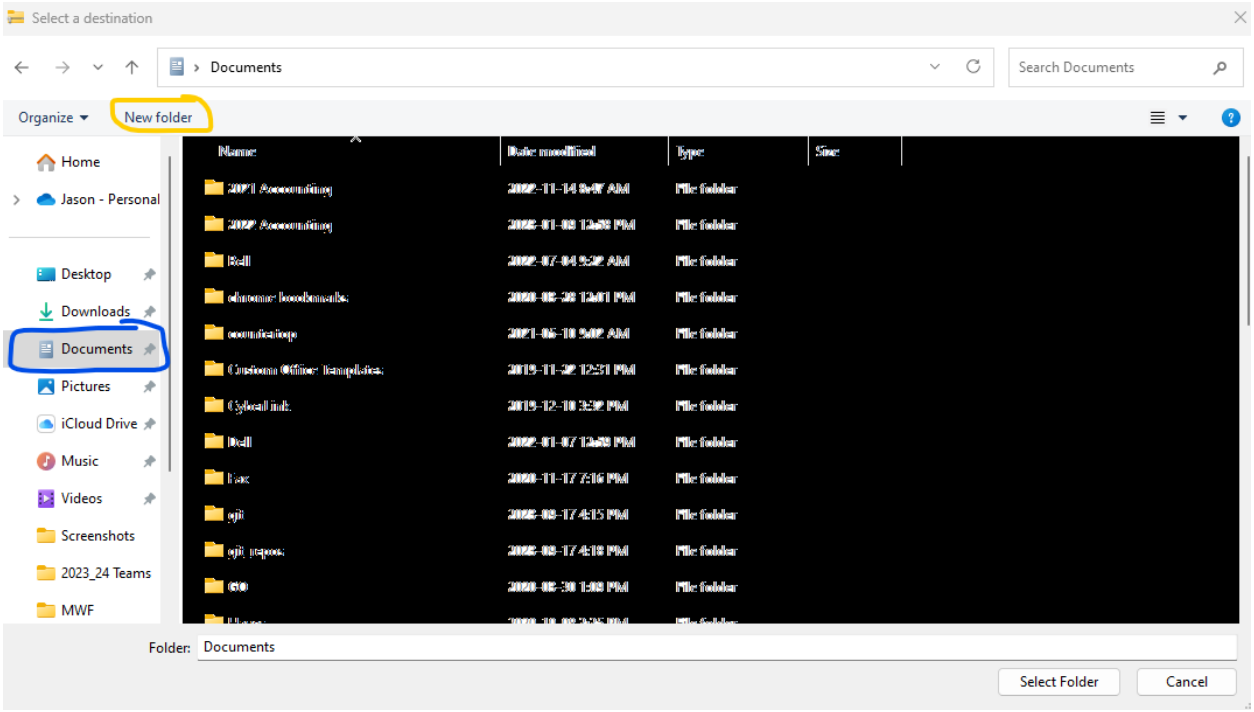
4. Click on **Extract All** (circled in yellow)



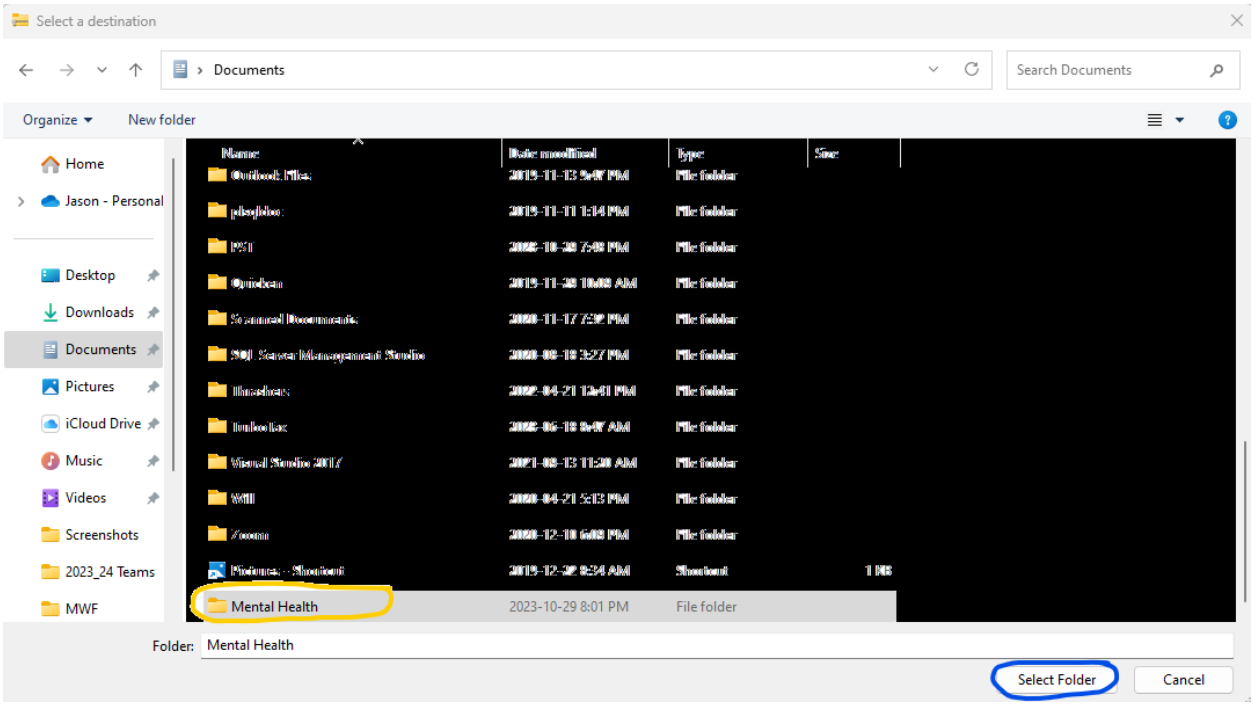
5. Click on the "Browse" button (circled in blue)



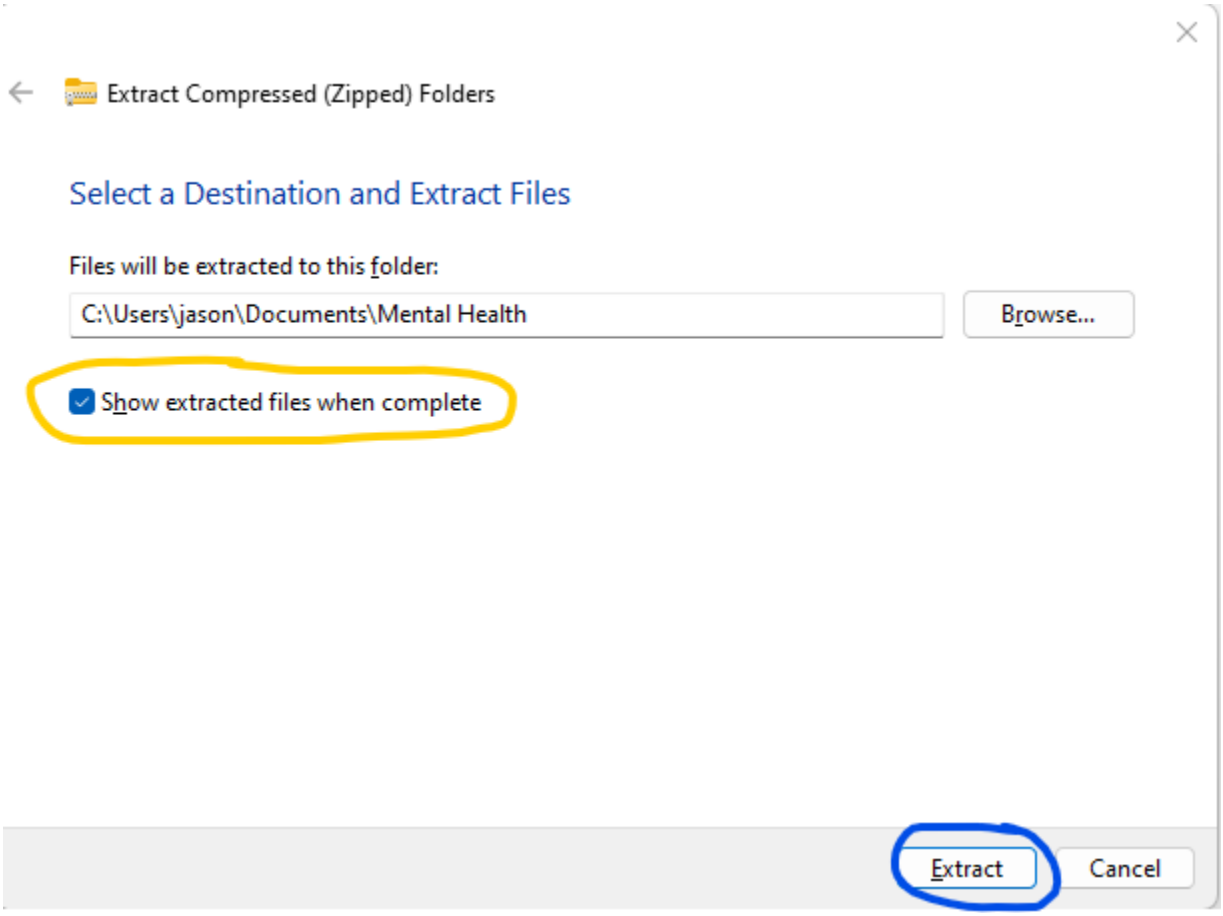
6. Select the "Documents" folder (circled in blue) and click on "New Folder" (circled in yellow)



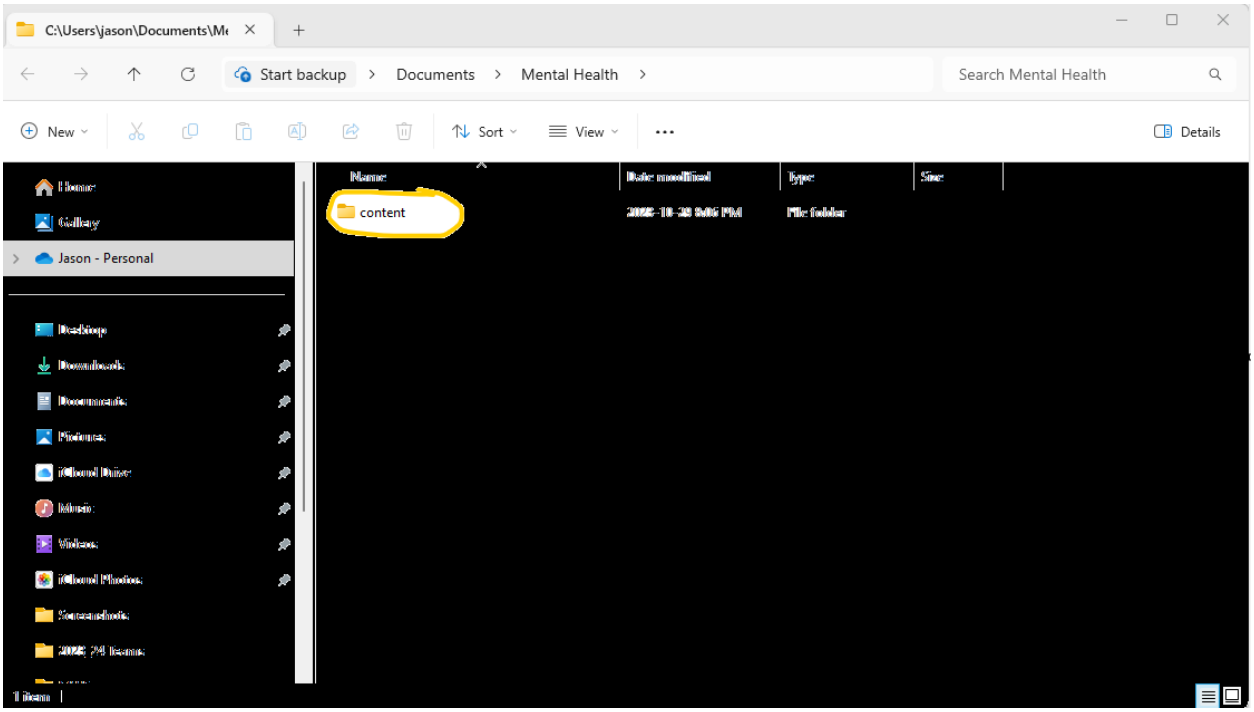
7. When you click "New Folder" a new folder will appear (circled in yellow below). Name the new folder by typing "Mental Health" and press enter. Then click "Select Folder" circled in blue.



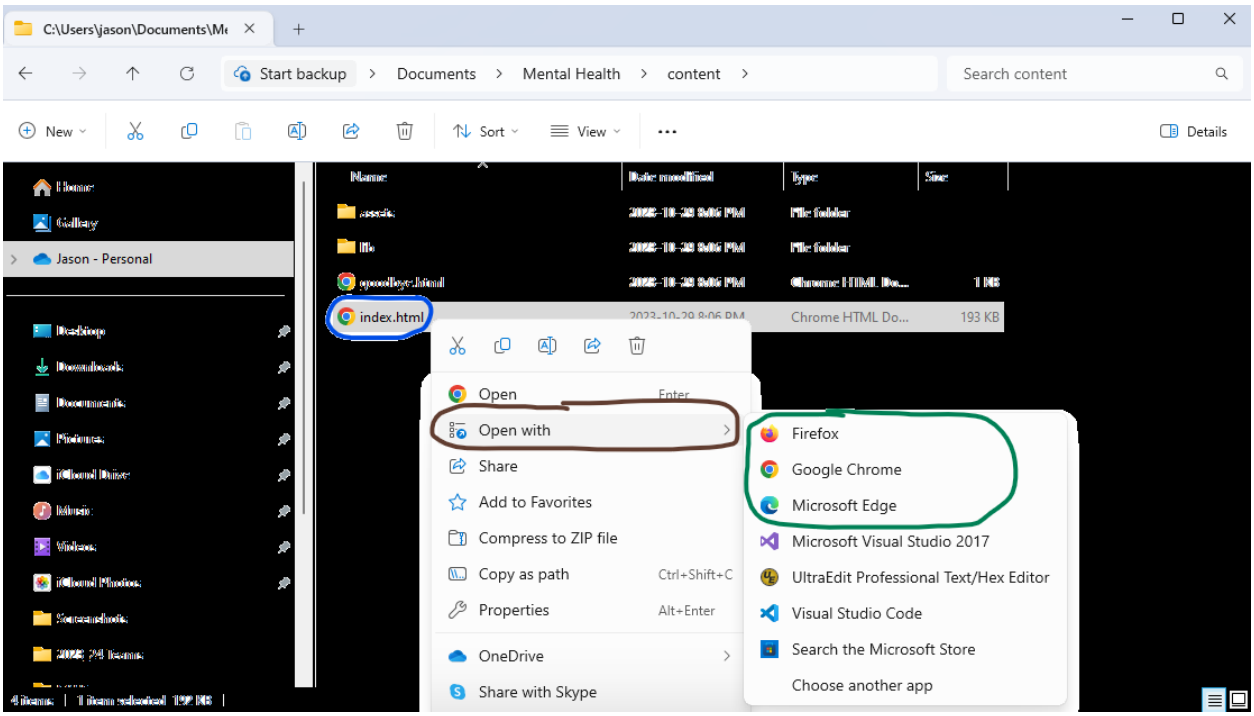
8. Make sure the "Show extracted files when complete" check box is checked (circled in yellow). Click on the Extract button (circled in blue)



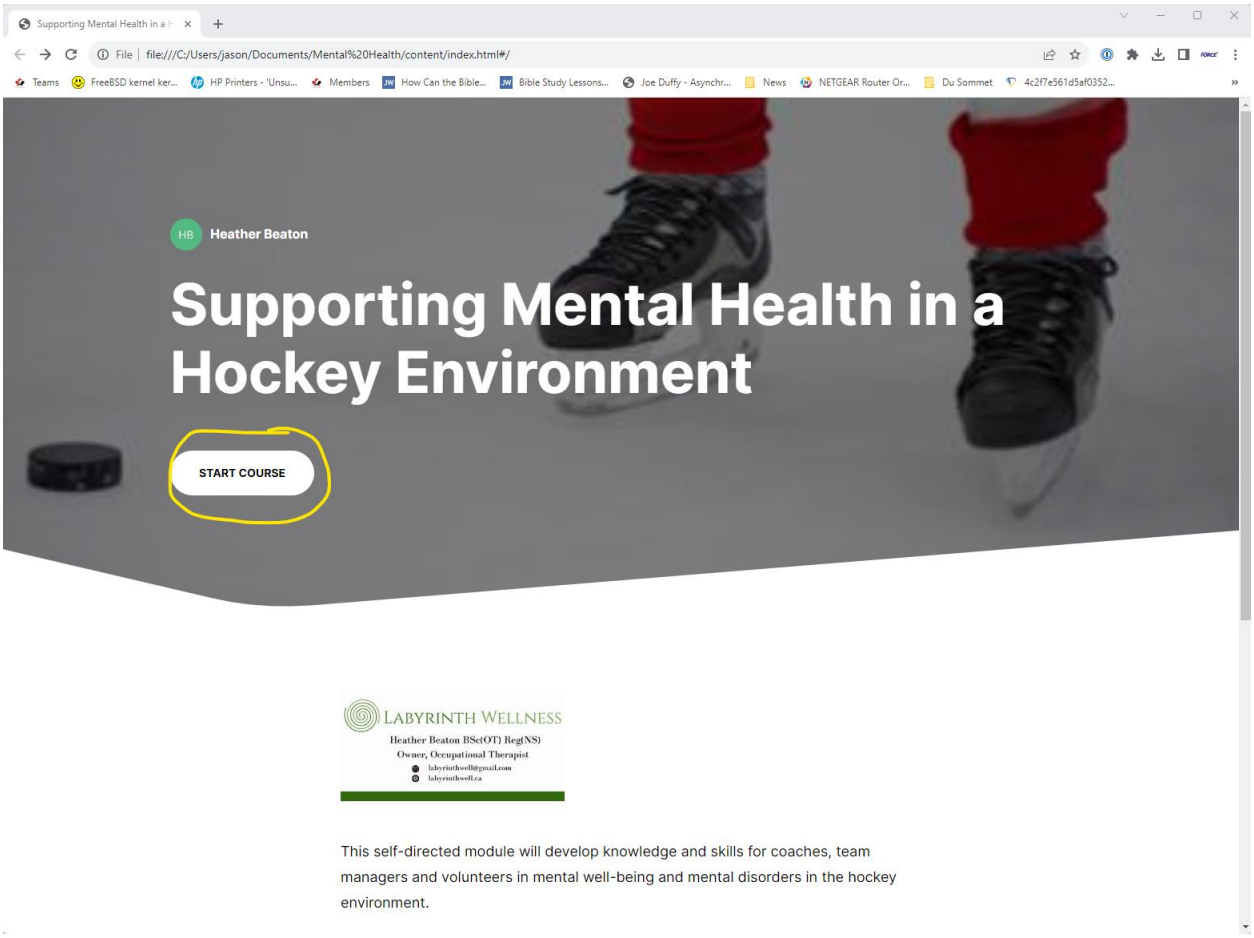
9. A new window will appear. Double click in the **content** folder (circled in yellow).



10. Right click on the **index.html** file (circled in blue) and select **Open with** (circled in brown) and select the browser of your choice (Firefox, Chrome or Edge). If you can select any of the three, choose Chrome



11. Click on Start Course (circled in yellow)



12. Enjoy the course.