

Appalachian Mind Health Initiative

Participant Email Set-Up Guide

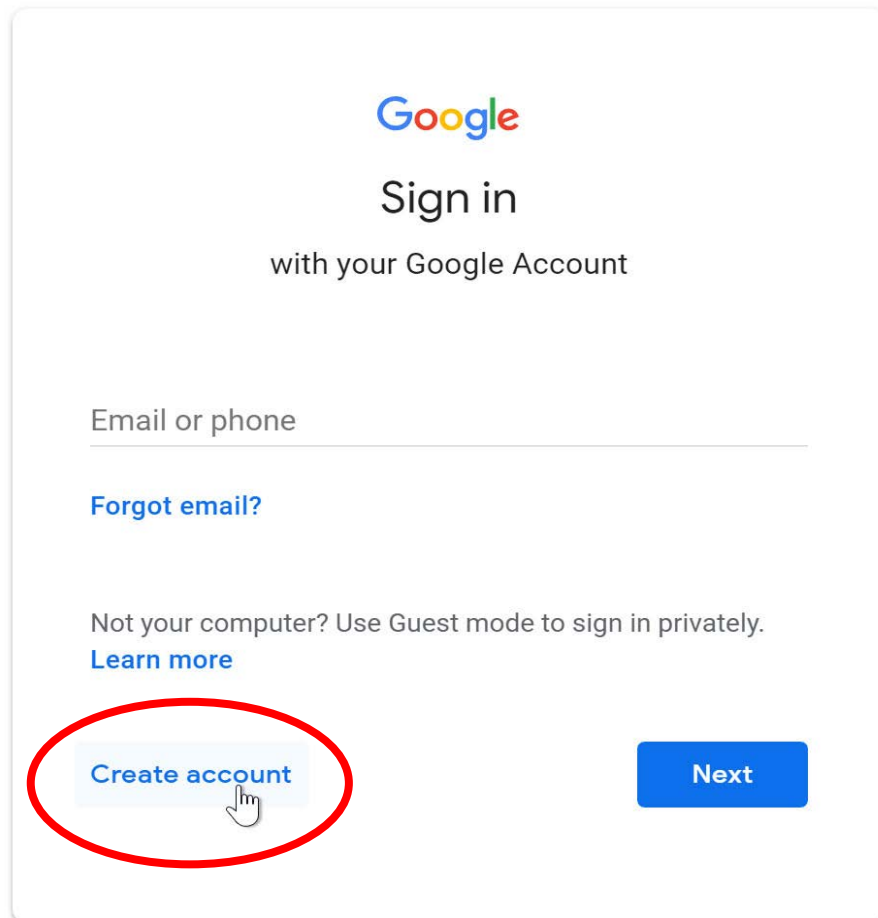
Purpose: To create a Gmail account. As part of the Appalachian Mind Health Initiative (AMHI), we will be using email often to communicate with you. So, it is important that you have an active email address for us to use!

What you'll need: You will need the following information to set up the account.

- Name
- Birth date
- Gender


You will also need to think of a Username. For example, if a participant named John Smith wanted to create an account, he could choose J_Smith as his Username.

Step 1: go to www.gmail.com and **click Create account.**



The image shows a screenshot of the Google Sign in page. At the top, the Google logo is displayed in its multi-colored font. Below the logo, the text "Sign in" is centered in a large, black, sans-serif font. Underneath "Sign in", the text "with your Google Account" is centered in a smaller, black, sans-serif font. Below this text is a text input field with the placeholder text "Email or phone". Under the input field, the text "Forgot email?" is displayed in a blue, sans-serif font. Below that, the text "Not your computer? Use Guest mode to sign in privately." is displayed in a smaller, black, sans-serif font, followed by a blue link "Learn more". At the bottom of the page, there are two buttons: a light blue button with the text "Create account" and a dark blue button with the text "Next". The "Create account" button is circled in red, and a mouse cursor is pointing at it.

Step 2: Create your Google Account. Enter the required information. Then **click Next**.




Create your Google Account

First name Last name

Username @gmail.com

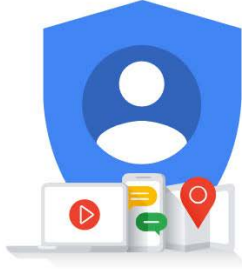
You can use letters, numbers & periods
Available: [casarosae6](#) [elenacasarosa895](#) [casarosaelena106](#)

[Use my current email address instead](#)

Password Confirm password 


Use 8 or more characters with a mix of letters, numbers & symbols

[Sign in instead](#)



One account. All of Google working for you.


Step 3: Verify your phone number. This is to help make sure that your account stays secure. Then, **click Next**.




Verify your phone number

For your security, Google wants to make sure it's really you. Google will send a text message with a 6-digit verification code. *Standard rates apply*

Phone number




[Back](#) [Next](#)




Your personal info is private & safe

Step 4: Verify your phone number. You will get a text from Google with a verification code, please enter the code and verify your account



Verify your phone number


For your security, Google wants to make sure it's really you. Google will send a text message with a 6-digit verification code. *Standard rates apply*

 9195559555

Enter verification code

G- 346205

[Back](#) [Call instead](#) [Verify](#)



Your personal info is private & safe

Step 5: Next, you will be able to enter your birthday and gender. Enter this information then click **Next**.



Elena, welcome to Google



ecasarosa3@gmail.com

Phone number (optional)

 9195559555

We'll use your number for account security. It won't be visible to others.

Recovery email address (optional)

We'll use it to keep your account secure

| Month | Day | Year |
|-------|-----|------|
| March | 02 | 1982 |

Your birthday

Gender

Female



Your personal info is private & safe

Why we ask for [this information](#)

[Back](#)

[Next](#)

Step 6: Privacy and Terms. Review the terms of service and privacy policy and then click **I agree**.

The screenshot shows the Google Privacy and Terms agreement page. At the top left is the Google logo. Below it is the heading "Privacy and Terms". The main text explains that Google combines data from its services and across devices for purposes like advertising and spell-correction. A section titled "You're in control" states that users can manage their data settings through their Google Account. On the right side, there is an illustration of a blue shield with two white circles, a laptop, a smartphone, and an email icon, with the text "You're in control of the data we collect & how it's used". At the bottom left, there is a "Cancel" button. At the bottom center, there is a blue "I agree" button, which is circled in red and has a mouse cursor pointing to it. Above the "I agree" button is a vertical scrollbar.

Google

Privacy and Terms

We also combine this data among our services and across your devices for these purposes. For example, depending on your account settings, we show you ads based on information about your interests, which we can derive from your use of Search and YouTube, and we use data from trillions of search queries to build spell-correction models that we use across all of our services.

You're in control
Depending on your account settings, some of this data may be associated with your Google Account and we treat this data as personal information. You can control how we collect and use this data now by clicking "More Options" below. You can always adjust your controls later or withdraw your consent for the future by visiting My Account (myaccount.google.com).

MORE OPTIONS ▾

Cancel

I agree

You're in control of the data we collect & how it's used

Congratulations! You now have your own Google email account!

It is important as a participant in this study to check your email often.

If you have questions regarding mail settings, sending mail, and other functions of Google accounts, please visit this website: <https://edu.gcfglobal.org/en/gmail/sending-email/1/>

