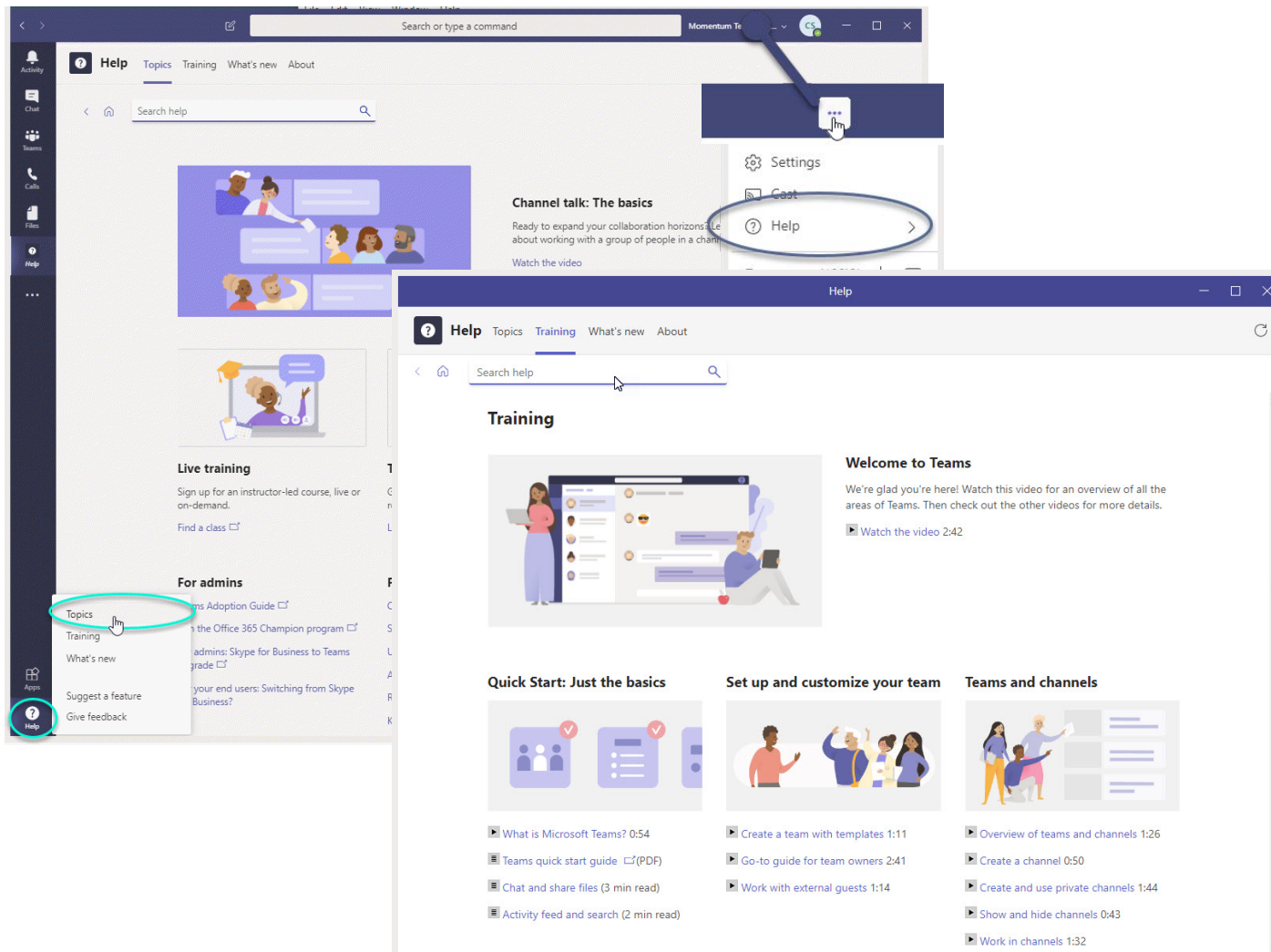


# ? Help

## MS Teams provides extensive in-App Help & Training!

Click the **Help** option in the ●●● drop-down menu in the Toolbar (or left menu, if available) to quickly find feature instructions and **comprehensive training** for all your Teams features - and you can even offer feedback and suggestions!



While in the Teams app's **Help** section view, click on the **Training** tab to access Microsoft's constantly updated training resources for Teams - including instructions, videos, and quick start guides. You can check here while working in Teams whenever you want to learn something new.

And, here's a link to view it all in your browser, too:  
[Microsoft Teams Help & Training](#)