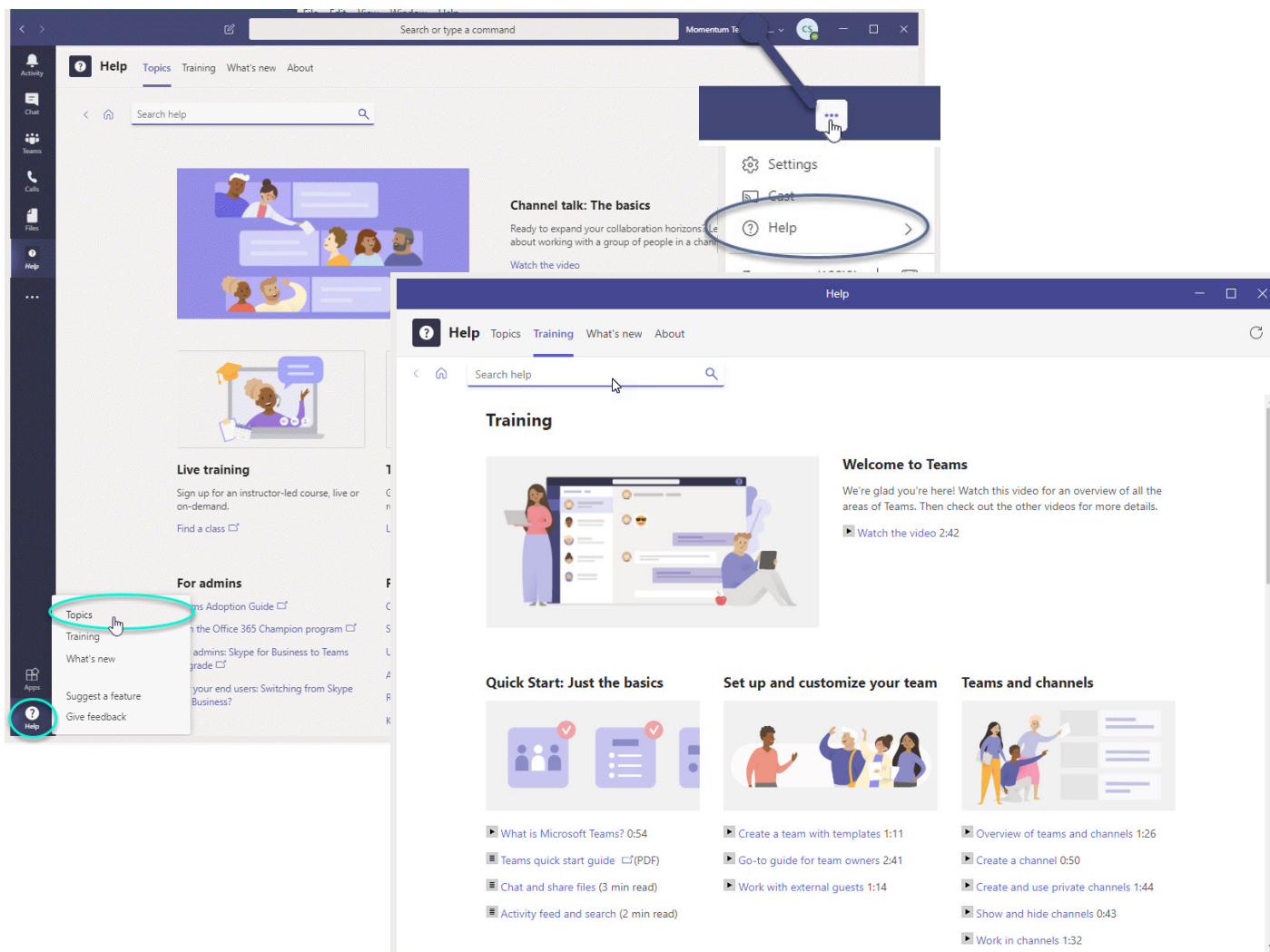


? Help

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

Click the **Help** option in the ●●● drop-down menu in the New Teams Toolbar (or via your Profile and the left menu in Classic) to quickly find helpful instructions and **comprehensive training** resources for all your Teams features 24 | 7 | 365.




While in your MS 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 this area while working in Teams whenever you want to learn something new.

Click this link to view
MS Teams Training
in your browser:
[Microsoft Teams Training](#)



 **Note:** MS Teams features and settings are constantly updated in continuous integrations. Check the latest Help file for more information as new features, settings, and options are launched.