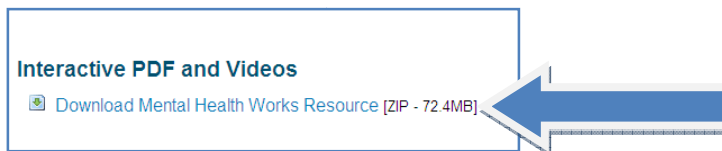




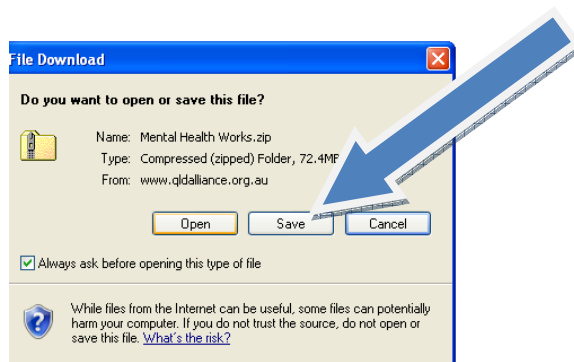
How to Download Mental Health Works

Mental Health Works is a 'zipped' file. This means the video and PDF document that make up the resource, are packaged up very small so that they are quicker for you to download from the internet.
Steps to download:

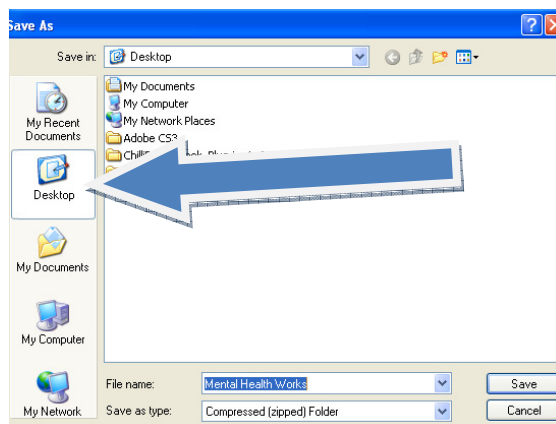
1. Click on 'Download Mental Health Works Resource'



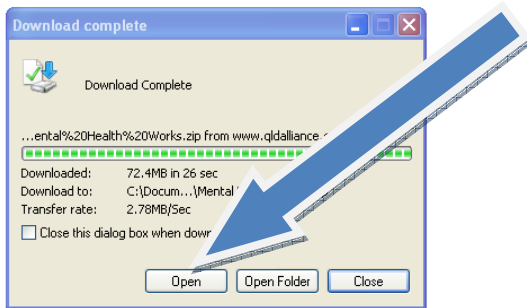
2. In the 'File Download' popup window Click 'Save'



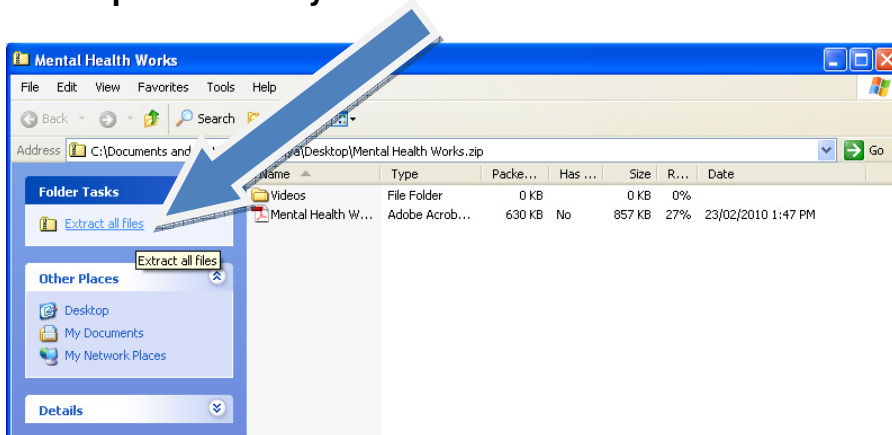
3. Wait a moment. A window will open asking you where you want to save the files. We recommend you save to 'Desktop'.



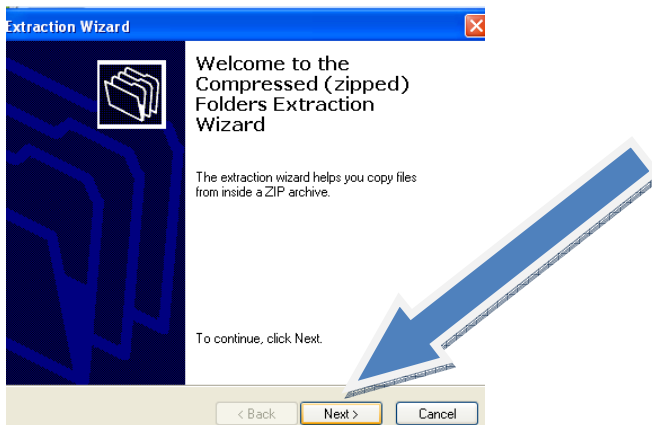
4. Once the download is complete, choose to 'Open' the resource.



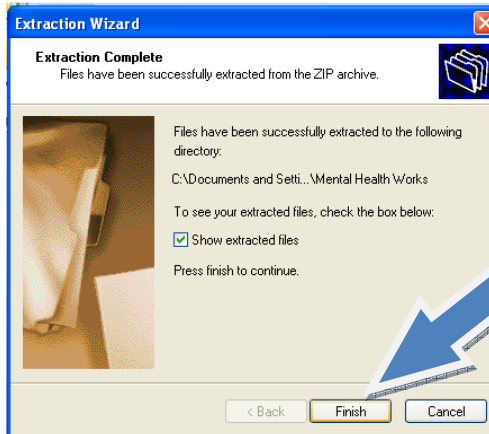
5. Don't open the PDF yet. Click on 'Extract all files'



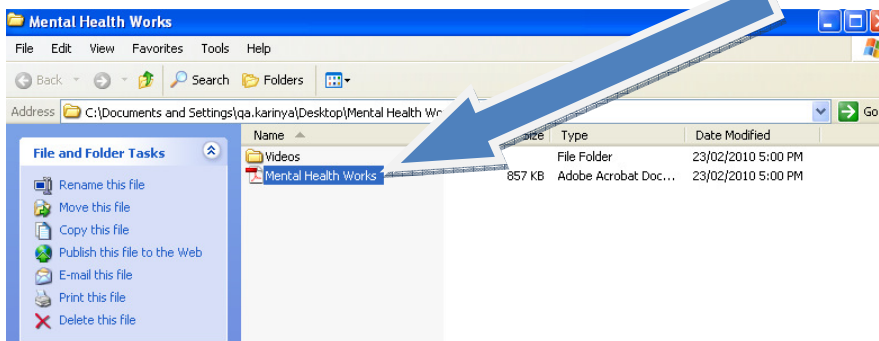
6. The 'Extraction Wizard' will pop up. Follow the prompts until ...



7. The Extraction is complete. Click 'Finish'.



8. Double click on the PDF 'Mental Health Works'. You will open the PDF resource, and videos within should play automatically.



If you have any issues accessing this resource please call the Queensland Alliance on 3832 2600

or email admin@qldalliance.org.au

Remember, the videos are also available to view separately on our website.