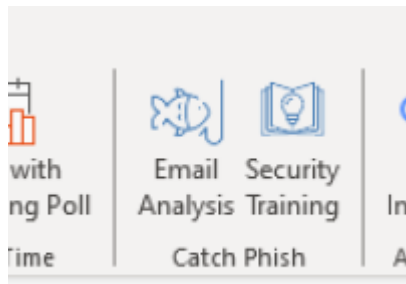


If you receive an email and you aren't quite sure about it, you can either forward it to us or you can use the **Email Analysis** app within Outlook to investigate. Go ahead and open the email in Outlook and then click on the **Email Analysis** button on your message bar.



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Once you click on the Email Analysis button, you will be presented with the wizard for the S.L.A.M. method to the right.

Catch Phish ×



### What have you reeled in?

“This is not a phishing simulation. If you are unsure of the validity of this email, do not click on any links or open any attachments”



Click next to see how the S.L.A.M. method can help you identify potentially dangerous parts of this email.

[Next](#)

Click the **Next** button to continue to allow the full email content to be analysed. You will be presented with any concerns once it finishes to the right of the message. Click on any of the Alert drop downs to learn more. At any time, you can also click the **Send to IT Support** in the top right hand corner to have IT analyse the email - we will get back to you as soon as possible.

The **Security Training** app will allow you to continue your training. When you click the **Go to Training** button, you will be presented with the latest list of training videos available as well as you can review any training you have already completed.

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