



Help spread awareness about hair pulling and skin picking with your email signature.

MS Outlook

1. Open an email
2. In the "options" link select "email signatures." (For Outlook 2007 look for the Signature symbol in the "include" options above your email and click on this and select Signatures).
3. Within this screen add a new name, e.g. Trichotillomania Awareness Week.
4. Then simply copy this text into the signature box:

**Don't suffer alone. Find hope and healing for hair pulling and skin picking at www.trich.org
National Trichotillomania Awareness Week | October 1-7, 2011**

5. Click "ok." This signature will now be listed in your email signature options so that you can add it any time simply by clicking on the Signatures link and selecting this version.

Hotmail

1. Once you have logged in you should see a link to "Options" at the top right of your inbox. Select this link.
2. In the menu, click "More Options."
3. Select "Personal email signature" from the list.
4. Copy this text into the box.

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5. Click "Save" underneath the box.

Gmail

1. When you sign in, select the "Settings" link in the top right corner of the page.
2. In the "General" tab select "Signature."
3. Copy this text into the box.

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4. Make sure that the "Signature" radio button is selected.
5. Click "save changes."

AOL:

1. Go to "Settings."
2. Choose "Compose."
3. Signature - Select "Use Signature."

Copy this text into the box:

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At bottom of page, click "Save."