

### **Self Help resources - secure site details (login to download info)**

The link below will take you to SharePoint where you can access a pdf containing the username and password required to login to the self-help resources online. Please use your GUID and password for this. Please note: this a general login to read content, it does not use your personal information.

<https://sharepoint.gla.ac.uk/sites/collaboration/int/hsw/eap.pdf>

Once you have the username and password for the PAM website, you can log in to their self-help resources online at:

<https://login.pamassist.co.uk/public/login.aspx?ReturnUrl=%2f>