### **6. Forgot My Password**

**Overview:** If you've forgotten your password, follow these steps to reset it and regain access to your account.

**Steps:**

1. Navigate to the Help Desk login page.
2. Click the "Forgot Password?" link located below the password field.
3. Enter your registered email address in the provided field and click "Submit."
4. Check your email inbox for a password reset link. If you don't see it, check your spam or junk folder.
5. Click the link in the email and follow the instructions to create a new password.
6. Once your password is updated, return to the login page and enter your new credentials to access your account.

**Tips:**

* Choose a strong password that includes a mix of uppercase letters, lowercase letters, numbers, and special characters.
* Avoid using the same password for multiple accounts to enhance security.

**Related Articles:**

* Troubleshooting Login Issues
* How to Create and Manage Your Account