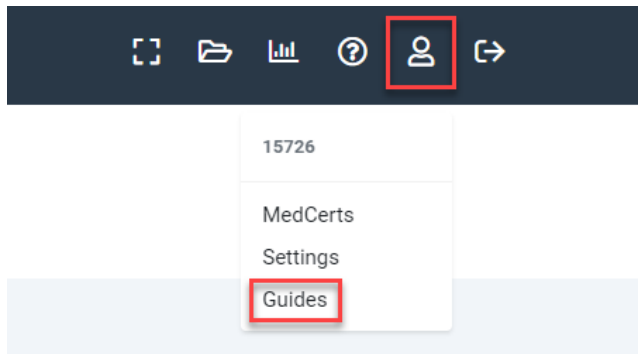# Practice Labs – Help and Support

When accessing any of the devices in the Practice labs, you are accessing real devices, not simulations. So, the specific configurations and behaviors of each device are designed for each activity. Instructions and lab details are provided in the content panel to the left of each lab and should be reviewed thoroughly as you work through the activities.

Please take a moment to review the "Interface Introduction" and "Getting Started" videos located on the Guides page. The Help Center provides additional helpful details. There is also a Live Support feature that can be utilized if you have concerns with the lab or need assistance.

To access the Guides page, while in any lab, click the "My Account" option and choose "Guides".
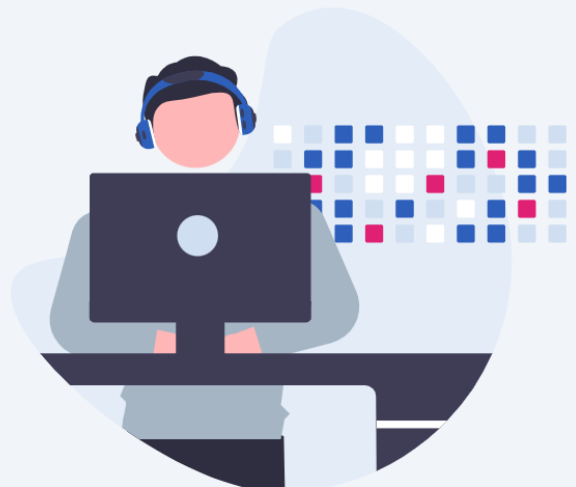
Practice Labs – Help and Support

Additional help options are available by clicking the Help Icon within the lab.