

# Bloom: Getting Started

## Step 1: Create an Account

1. Go to the [Register A New Account](#) page.
2. Add your name, email address, password and other information.
3. Enter your **Group Code: BLCL01**
4. Answer a few key questions.
5. Click **Submit**.

## Step 2: View Your Dashboard

1. View your Dashboard.
2. Click **Enter** under **Start** and **Begin Bloom**.

The Kids Mental Health Foundation  
Supporting You In Growing Kids' Mental Well-Being

**BLOOM**

**Build Good Mental Health Habits**  
In this course, you will learn how to help children build good mental health habits, with relevant reminders, easy routines and rewards.  
**Start Course**

**Start**  
BEGIN BLOOM  
Start your journey to a better understanding of kid's mental health.  
**ENTER**

**Flourish**  
FLOURISH IN WELLNESS  
Learn about mental wellness and building healthy habits for your family.

**Manage**  
MANAGE A DIAGNOSIS  
Get tips on seeking care and managing a mental health diagnosis.

**Protect**  
PROTECT IN A CRISIS  
Learn about identifying and supporting a child who may have safety concerns.

Group Code:

Which best describes your position in your organization?:

Please provide your year of birth.:

How would you best describe your race and ethnicity?  
(Select all that apply.):

American Indian or Alaskan Native

Asian

Black or African American

Hispanic or Latino

Middle Eastern or North African

Native Hawaiian or Pacific Islander

White

**Submit**

Already have an account?  
[Login Now](#)

## Step 3: Begin Bloom Courses

1. After you complete the video, start taking courses.
2. Click **Start** to begin the **Supporting Your Child's Mental Well-being** course.

Support Your Child's Mental Well-being **Start**

Step 2  
**Supporting Your Child's Mental Well-being**

Course 10 minutes

Want to understand children's mental health better? This 10-minute course is a great place to start.

You'll learn about mental wellness in the context of overall health, the benefits to your child, and how kids' mental wellness is different from adult mental wellness.

## Step 4: Come Back Often

1. Go to the **Library** and **Browse by Title**.
2. Explore all the Bloom courses and resources.

**Browse By Title** **update**

