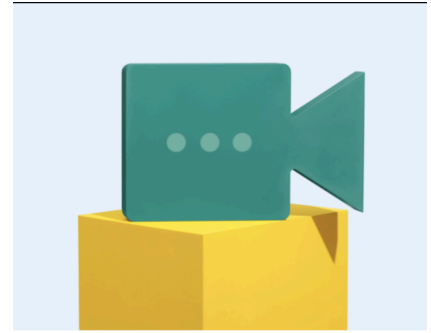


Start A Google Meet From Gmail

If your school has **G Suite**, you can start Meets from within your **G Suite** account. You can also start **Meets** from within **Google Classroom** and have a specific URL for that particular class.

Now, anyone can start a **Google Meet** with a regular **Gmail** account. You do not have to have a school **G Suite** account. Note: It is preferable to use **Meet** with students from “within” a **G Suite** account. The **Meets** you can start from **Gmail** is best used with older students. Check your district’s policies.

Directions for starting or joining face-to-face video calls from Gmail accounts.



Google Meet, now in Gmail

Video meetings with live captioning and screen sharing for up to 100 people

Before starting your first video call

1. [Check the system requirements.](#)
2. When asked to use your computer's camera and microphone, click Allow. In "Settings," you might need to turn on permissions for your camera and microphone.

Start a video call

1. Open [Gmail](#).
2. Click "Start a meeting." Meetings will open in a new window.
3. Before you join the meeting:
 - At the bottom, you can turn your camera and microphone on or off.
 - On the right, you will see the meeting code and meeting details.
4. To enter the call, click, “Join now.”
5. A window will appear with the meeting details. Choose an option to add other people:
 - To share the meeting code:
 - Click Copy joining info.
 - Share the meeting code and link with others.
 - To invite people by email:
 - Click, Add people.
 - Enter names or email addresses.
 - Click, Send Invite.
 - To invite people by phone:
 - Click, Add people.
 - Click, Call.
 - Enter a phone number.
6. When you're done, click, End call .

To Join a video call

1. Open [Gmail](#).
2. Click, Join a meeting
3. Enter the 10-letter meeting code from the meeting organizer.
4. Click, Join. Note: Before you join the meeting, you can turn your camera and microphone on or off.
5. To enter the call, click, Join now.
6. When you're done, click, End call .

You can also join a meeting from a Calendar event, the Google Meet app. Learn about other [ways to start](#) or [join a meeting](#).

Show or hide Google Meet in Gmail

1. Open [Gmail](#).
2. In the top right, click, Settings
3. At the top, choose Chat and Meet.
4. In the "Meet" section, make your changes.
5. Click, Save Changes at the bottom.

Important: G Suite users might not see this setting in their Gmail account if their G Suite Admins have the video calling service disabled from the Admin Console.