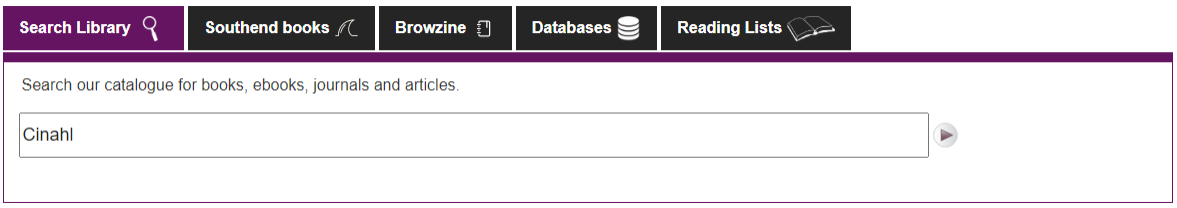
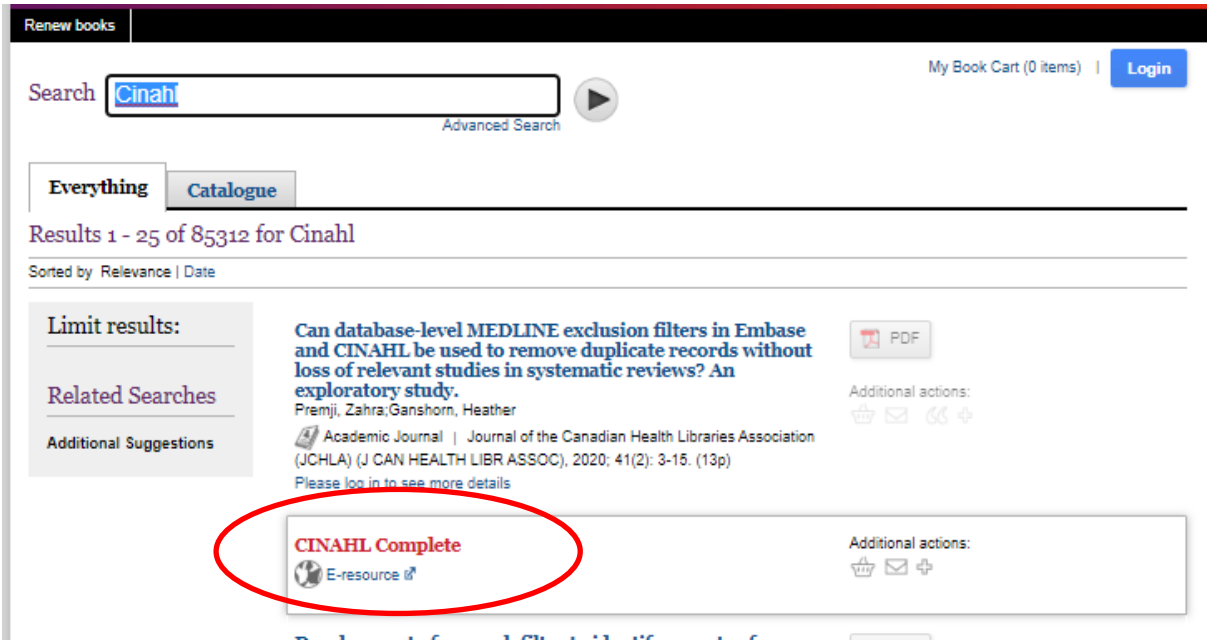
Go to the Library Website: https://library.essex.ac.uk/home

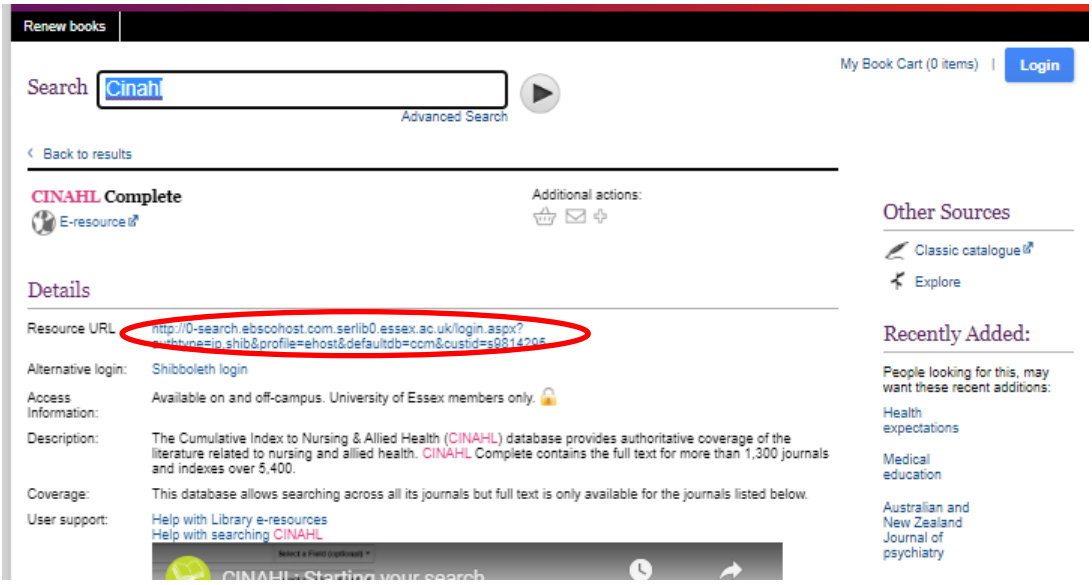
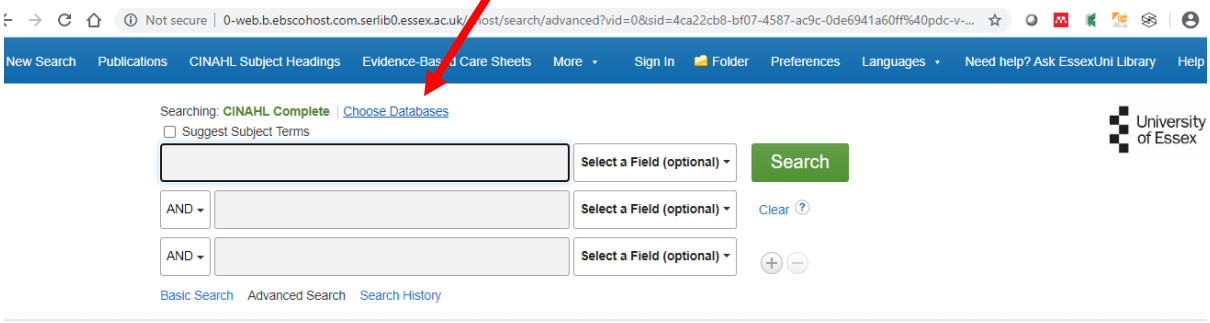
Type ‘CINAHL’ into the search engine:



Then select CINAHL Complete:



Click on the link at the top:



If you haven't previously logged in, you will be asked to enter your University of Essex username and password. Once entering these, you will be taken you through to the EBSCO interface, with CINAHL selected as the database you want to search (You can then choose additional databases at the top using the 'Choose Databases' option at the top if you want to search multiple databases at once, e.g. CINAHL, Medline, PsycArticles and PsycInfo).