How do I enable IMAP in Gmail so I can use Thunderbird, Outlook or Apple Mail email client?

Tell Me

1. Go to gmail.uncc.edu
2. Enter your NinerNET username and password
3. First, you will need to change a setting to allow access to "less secure" apps, such as IMAP
4. After logging in to your Gmail account, go here
5. Click the radio button to Turn on access for less secure apps

   ![Access for less secure apps](image)

   - Turn off
   - Turn on

6. Return to gmail.uncc.edu
7. Click on the gear icon in the top right corner
8. Click on Settings

   ![Settings](image)

9. Click on the Forwarding and POP/IMAP tab at the top

   ![Forwarding and POP/IMAP](image)

IT Support

The University’s Office of OneIT Department provides limited technical support for those electing to use an IMAP client to retrieve Gmail. Support includes best effort IT phone support (no ticket escalation) and the FAQs shown. Individual colleges/departments may provide additional support. The College of Liberal Arts & Sciences (CLAS) does not support IMAP email clients.

Note

If you not connect to IMAP for 30 days, this setting will automatically be reverted to off. If this happens, you will need to go back to this section to turn it back on.
10. Click the radio button to **Enable IMAP**

![IMAP Configuration](image)

11. Click **Save Changes** at the bottom of the page

12. Install and/or configure the desired email client:
   - **Thunderbird**
   - **Outlook**

---

**Related FAQs**

- How do I setup my Gmail to use POP since my device doesn't support IMAP?
- How do I use Google Workspace (formerly G Suite Sync) for viewing Gmail in Outlook?
- How do I send scanned documents with Gmail?
- How do I respond to a Google Calendar meeting invitation when I am using the Outlook client?
- How do I enable IMAP in Gmail so I can use Thunderbird, Outlook or Apple Mail email client?