How to recover deleted items in SUMail

To recover items that were removed from "deleted items" in the Office 365 (email, contacts, calendar) using the following methods:

- Using Outlook
  - [https://support.office.com/en-us/article/Recover-deleted-items-in-Outlook-for-Windows-49e81f3c-c8f4-4426-a0b9-c0fd751d48ce](https://support.office.com/en-us/article/Recover-deleted-items-in-Outlook-for-Windows-49e81f3c-c8f4-4426-a0b9-c0fd751d48ce)

- Using OWA (Outlook Web App)