Instructions on setting up e-mail in Outlook 2007:

Open Microsoft Outlook 2007
Click on 'Tools' along the top
Go to 'Account Settings'
Click 'New'
Select 'Manually configure server settings or additional server types'
Click 'Next'
Make sure 'Internet E-mail' is selected
Click 'Next'
Enter your name and full e-mail address
Account type is POP3
Incoming and outgoing mail servers are the same and should be:
      mail.yourdomainname.com (or .net)
Enter your log-in information (username is full e-mail address)
Click 'More Settings'
Click on the 'Outgoing Server' tab
Check 'My outgoing server (SMTP) requires authentication'
Click 'Advanced' tab
Change 'Outgoing Server (SMTP)' to 26
Click 'OK'
Click 'Next'