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Go to Login and Password on the left side menu. Click on Fix a Login Problem . On the page, click on Recover Your Account If You Can't Access the Email or Mobile Number on the Account . Follow the prompts based on your individual circumstance.

[How to Recover Your Facebook Password without Email and Phone Number](#)

For general support, use support@fb.com .

If you have press-related inquiries, send them to press@fb.com .

Use records@fb.com for law enforcement concerns.

To appeal against blocked content, use appeals@fb.com .

Report content that violates Facebook's guidelines via abuse@fb.com .