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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 ...](#)

tinymail : [blog : how-to-recover-your-facebook-password-wit...](#)

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For general support, use support@fb.com;

[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;