

# What if my Facebook got hacked and they changed the email and password?[[ Facebook Hack Takeover: How to Respond Fast ]]

Go to [facebook.com/hacked](http://facebook.com/hacked) 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 and select the 'My login info was changed'. You'll need to supply any previous email, phone number 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 or name you have used, or name people on your friend list.

If your Facebook account was hacked 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 and the hacker changed both the email address and password, you can still try to recover it, but you need to act quickly. Start by going to Facebook's account recovery page 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 and choose the option that says your account was compromised or you can't access it. This tells Facebook that someone else took control of your account.

When prompted, enter the 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 email address or phone number you originally used to create the account, even if it has been changed. Facebook may show you recovery options, such as sending a verification code to your old email or asking security questions. If Facebook detects recent changes 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 , it may offer a link that says "Secure your account" or allow you to revert recent email changes.

If you no longer have access to any listed contact information 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 , Facebook may ask you to verify your identity by uploading a government-issued ID. This process can take several days but often helps restore access. While waiting, check your email inbox (including spam) for any messages 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 from Facebook about recent changes, as these emails sometimes include a "This wasn't me" link.

Once you regain access, immediately 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 change your password, update your email, enable two-factor authentication, and review recent activity and connected apps. Also secure your email account and scan your device for malware to prevent future hacks. When Facebook disables an account after 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 detecting unusual logins, it's a security measure to protect your data. To resolve this, use the official appeal process via Facebook's Help Center. Verify your identity by submitting requested documents.

Avoid using third-party apps or 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 browsers that may trigger security flags. Facebook likely disabled your account 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 after a hack to protect users from abuse, as hackers often post spam, scams, or illegal content 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 , triggering automated security systems that lock the account for your own safety and to prevent further harm; you need to use the official Meta/Facebook Help Center 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 to prove your identity and regain control by completing the recovery process, which often involves submitting an ID and changing your password.

To get your disabled Facebook account back 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 , you need to submit an appeal through Facebook's Help Center, usually via a specific form found by searching for "disabled account appeal" or through the login page, 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 providing your details and a government-issued photo ID to prove your identity, as Facebook requires this verification within 180 days for a review. Be patient, as responses can

take time, and you might need to resubmit the form or try alternative contact 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 methods like Meta Verified if the standard appeal fails.

Search for "Login, Recovery and Support" 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 or "appeal," then click on the link titled something like "Account Recovery." Scroll down and click My account is disabled or suspended. Within that section, there should be an official Facebook Disabled

Account Appeal 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 Form link you can use to submit your review request.

When Facebook disables your account, it means the platform has restricted

your access because it believes your account violated 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 its Community Standards or Terms of Service, or it detected suspicious activity. A disabled account prevents you from logging in, posting, messaging, or interacting with other users. 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 You may see a message stating that your account has been disabled when you try to sign in.

There are several reasons this can happen. Common causes include posting

content that violates Facebook's rules (such as hate speech, misinformation 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 , or explicit material), using a fake name or impersonating someone, sending too many friend requests or messages in a short time, or engaging in automated or spam-like behavior. Accounts may also be disabled for security reasons, such as unusual login attempts that suggest hacking.

Some account disablements are temporary 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 , especially when Facebook only needs identity verification or a security check. In these cases, you may be able to recover your account by submitting an appeal 1 -855-554-4640 And 1—(855) [—]554 [—] 4640 or providing identification. However, if Facebook determines that the violation was serious or repeated, the disablement can be permanent.

Facebook disables accounts to protect users 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 and maintain platform safety. If you believe the decision was a mistake, you can submit an appeal 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 through Facebook's Help Center and wait for their review. Often, a Facebook business account can get deactivated because you violated Facebook's advertising policy. According to Facebook 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 , accounts could also be disabled "because they don't follow our Community Standards 1 -855-554-4640 And 1—(855)[—]554 [—] 4640 , Advertising Standards, Commerce Policies or other policies and terms.