

How to Recover a Facebook Account When You Can't Log In

Are you having problems logging into Facebook? Whether you forgot your login details, or your Facebook account was hacked, there's no reason to panic. There are a few different ways to recover a Facebook account when you can't log in.

If you believe your account has been hacked, you should probably go over the [main Facebook privacy tips](#) and make sure it doesn't happen again. But if for some reason you just can't remember your login details, the simple recovery process should help you access Facebook again.

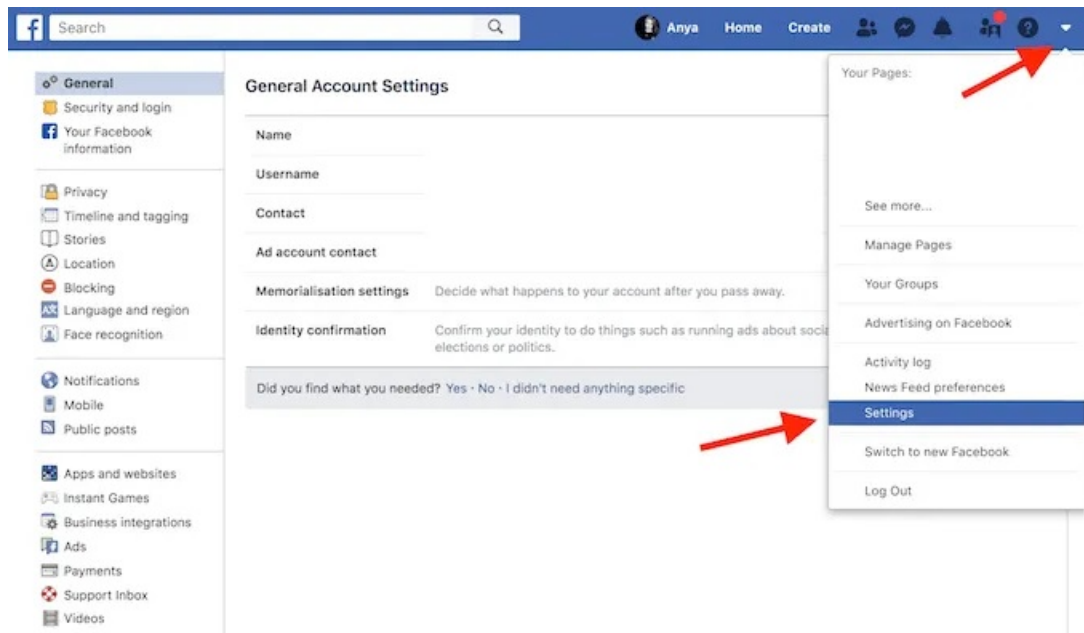


Check If You're Still Logged In

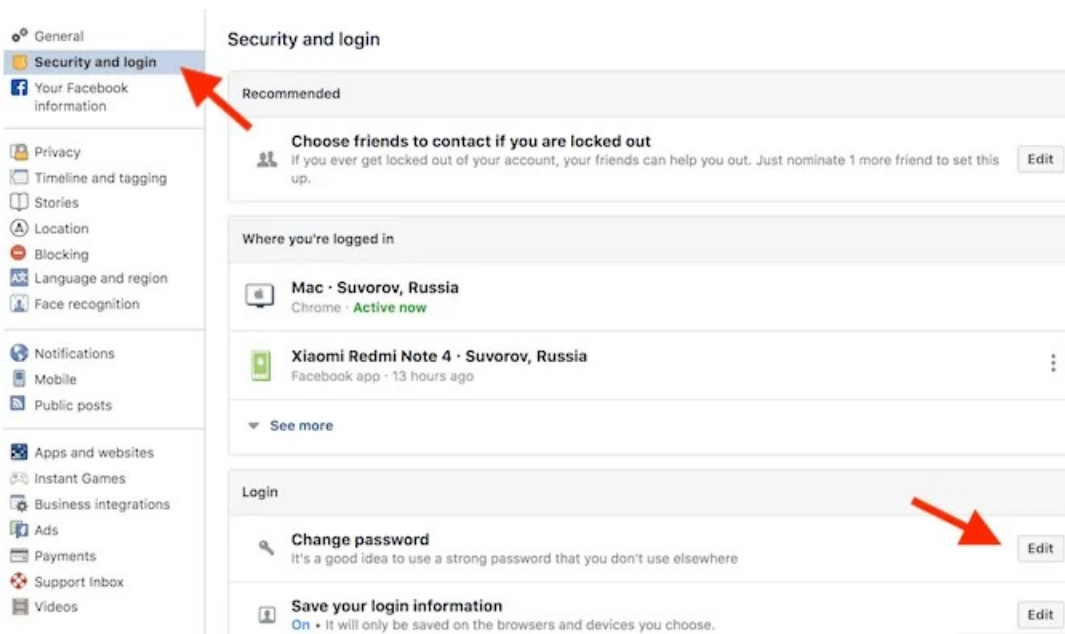
It sounds silly, but the first thing to do if you find yourself logged out of your account is to check if you still have an active Facebook session on one of your devices. For example, if you can't log into your Facebook on your smartphone, it's possible that you're still logged in on your desktop and vice versa.

This is probably the easiest way to recover a Facebook account, since all you need to do here is manually change your password in your account's privacy settings.

So if you find that you still have an active Facebook session on one of your devices, follow these steps.

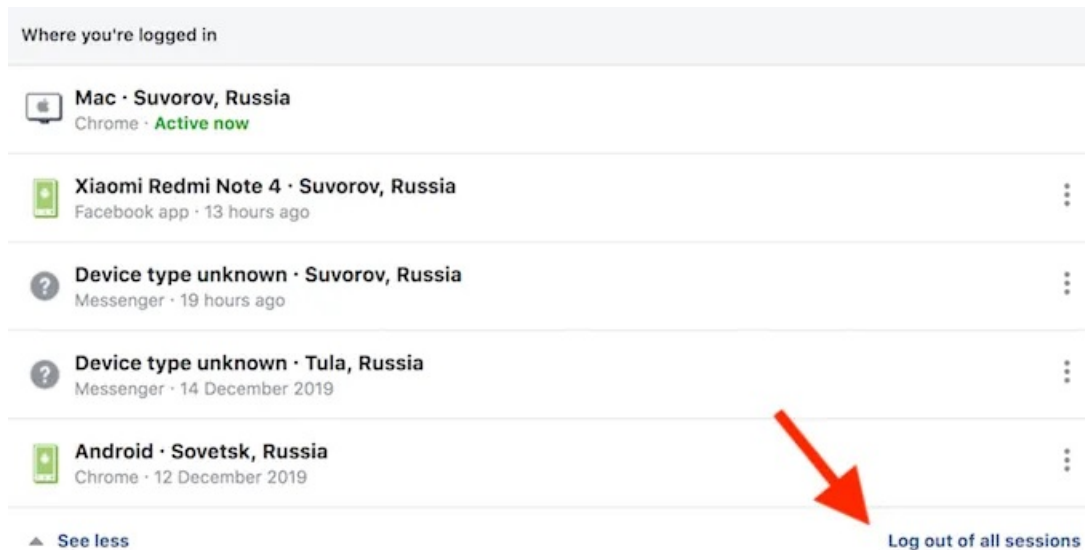


- Click on the drop down arrow in the top right corner of the screen, and choose **Settings**.
- From the menu on the left side, choose **Security and login**.



- Under **Login**, find **Change password**. Click **Edit** to change your password. In case you don't remember your current passcode, click **Forgotten your password?** to reset it using your email address or a phone number.

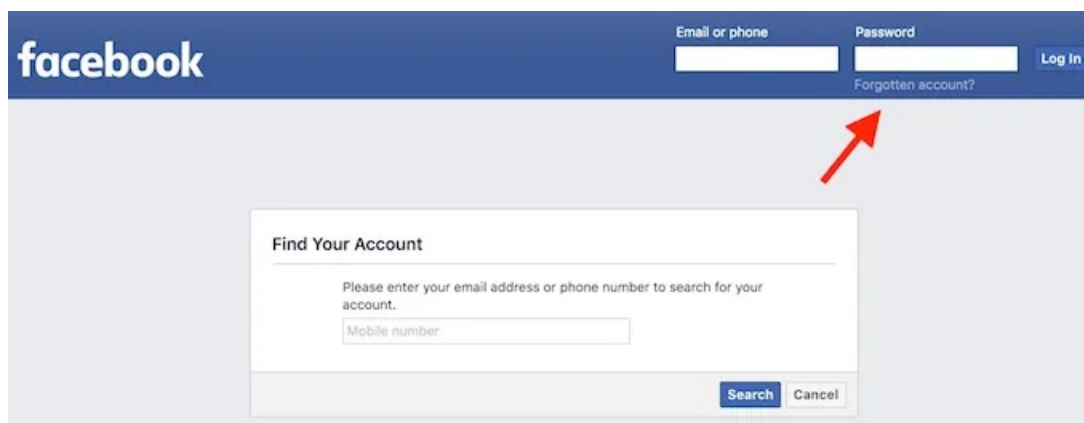
After you do that, if you [suspect that someone hacked your account](#), in the same menu go to **Where you're logged in**.



There you can choose to **Log out of all sessions**. It will log you out of every active Facebook session except the current one. Then you can safely log back in with your new password details.

Log Into Facebook Using Account Recovery Options



If you find yourself logged out of Facebook on every device, the first thing to do is to try and log back in with Facebook's default account recovery options.



- Go to Facebook and click **Forgotten account?** in the top right corner of the screen.
- This will take you to the **Find Your Account** window.
- From there, you can do a few different things to identify your account.

Reset Your Password

How do you want to receive the code to reset your password?

-  Send code via email
a***@*****
-  Send code via SMS



Anya Zhukova
Facebook user

No longer have access to these?

[Continue](#)

[Not You?](#)


The first option is to enter your email or a phone number. If either of those are connected with your account, Facebook will send you the confirmation code and you'll be able to reset your password and log back in easily.

Try to log in again

If you no longer have access to your email account, you can try to log in again. After you've logged in, you can change the email address on your account.



Anya Zhukova
Facebook user

 Email address

a*****a@i****.ru

[Enter Password to Log In](#)

[I cannot access my email account](#)

If you can't login to Facebook with your usual details, you can also try and use a different email or a phone number of yours.

If you listed more than one email address or phone number when creating your Facebook account, this might be your way in. This is assuming you still remember your password or have it [stored in your password manager](#).

Identify your account

These accounts matched your search.

	Anya Zhukova Facebook user	This is my account
	anya zhukova Facebook user	This is my account
	Аня Жукова Facebook user	This is my account
	Anja Zhukova Facebook user	This is my account

Even if it doesn't say so in the **Find Your Account** window, you can use your Facebook username to regain access to your Facebook.

Type your name or your possible username (if you don't remember it exactly) into the search bar and see if it pops up on the list. When you see your profile picture, click **This is My Account** and follow the steps to reset your password and log back in.

Recover A Facebook Account With Trusted Contacts

No email access

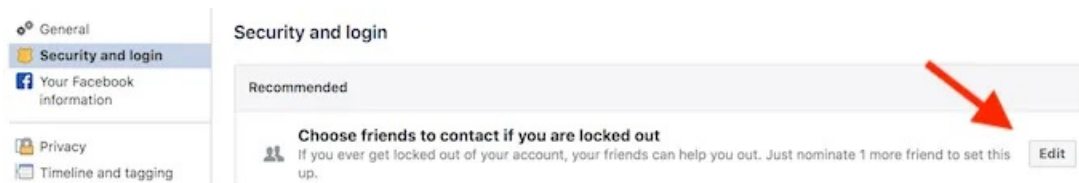
We're sorry you're having trouble recovering your email address. Unfortunately, this means we can't verify who you are or give you access to the Facebook account you're trying to log into. We may hide the information on your Facebook account if we detect that you cannot regain access to it.

[Learn more about how to access your Facebook account](#)

Done

In case all of the strategies we've mentioned above have failed, your next step is to try to recover your Facebook account using **Trusted Contacts**.

The only problem here is that Trusted Contacts is the option that you need to have set up before you find yourself logged out of Facebook. So even if you've successfully logged into your account, we advise you to think ahead and set your Facebook Trusted Contacts right now.



- On Facebook, click on the drop down arrow in the top right corner of the screen, and go to **Settings**.
- From the menu on the left, choose **Security and login**.
- Under **Recommended**, find **Choose friends to contact if you are locked out**, and click **Edit**.


You will then be prompted to add 3 to 5 friends that you can reach out to should you have a problem with your account. You can later edit this list by adding or removing people.


Once you activate your Trusted Contacts, it becomes a lot easier to log into your Facebook account when you forget your credentials.


- When you're logged out of Facebook, click **Forgotten account**.


Reset Your Password

How do you want to receive the code to reset your password?

 Send code via email
a***@*****

 Send code via SMS
+79997807583


Anya Zhukova
Facebook user

No longer have access to these? 

- In **Reset Your Password** window, click **No longer have access to these**.

How can we reach you?

Please enter an email address or phone that you know you can access. We'll use this address to send you messages about recovering your account.

New Email or Phone

Confirm New Email or Phone

Continue **Cancel**

- Enter your new email address or a phone number, and click **Continue**.

Reveal Your Trusted Contacts

Type the full name of one of your trusted contacts:

Confirm **Cancel**

<https://www.facebook.com/recover>

3. Each friend will give you a code. Enter them below:

Continue **Cancel**

From there, you'll get the instructions on how one of your trusted contacts can help you regain access to your account. Your friend will need to follow the special link and then send you the recovery code. You can then safely log back into Facebook.

Secure Your Account For the Future

You can find yourself logged out of Facebook for one of two main reasons. Either someone has broken into your account, or you forgot your login details. For extra security, you can [set up two-factor authentication](#) on Facebook, and to avoid the latter, [start using a password manager](#) to keep your data at hand.

Article courtesy of: <https://helpdeskgeek.com/how-to/how-to-recover-a-facebook-account-when-you-cant-log-in/>