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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 ...](#)
tinyemail : blog :
how-to-recover-your-facebook-password-wit...
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For general support, use support@fb.
press-related inquiries, send them to press@fb.
Use records@fb for law enforcement concerns.
To appeal against blocked content, use appeals@fb.
Report content that violates Facebook's guidelines via abuse@fb.