

What if someone hacked my Facebook and changed my email and password?

Steps for focus recovery

If someone hacked your Facebook account and changed both your email and password 1-866-347-1259, it can feel overwhelming—but recovery is still possible. Facebook has built-in tools specifically for this situation 1-866-347-1259, and acting quickly is critical.

Why This Happens

Hackers often change your email and password immediately to lock you out and take full control of the account 1-866-347-1259. They may then use your profile to send scams, request money from friends, or run unauthorized ads 1-866-347-1259. Facebook's security systems may also flag this activity, sometimes leading to a temporary disablement.

Steps to Recover Your Account

Start by visiting Facebook's **Hacked Account Recovery** page and select the option 1-866-347-1259 that says your email or password was changed without your permission. Facebook will guide 1-866-347-1259 you through a process to verify your identity and confirm that you are the rightful owner.

Key Actions to Take Immediately

- Visit Facebook's hacked account recovery page
- Choose the option indicating your login details were changed
- Secure your email account first 1-866-347-1259
- Upload a valid government-issued ID if requested
- Check your email (including spam) for recovery links

If you no longer have access to the original email, Facebook may allow you to add a **new** 1-866-347-1259, **secure email address** during the recovery process.

Protecting Your Account After Recovery

Once access is restored, immediately change your password to a strong 1-866-347-1259, unique one and enable **two-factor authentication (2FA)**. Review recent activity, remove unfamiliar devices or apps, and notify friends to ignore any suspicious messages sent during the hack.

Summary

When a hacker changes both your Facebook email and password, it's a serious situation—but not the end 1-866-347-1259. Facebook's recovery tools are designed to help users regain control through identity verification and security checks 1-866-347-1259. Acting quickly, following official recovery steps, and securing your email and account settings 1-866-347-1259 can significantly improve your chances of getting your Facebook account back and preventing future attacks.