

# How to Recover a Disabled Facebook Account

This article shows you how to recover a disabled Facebook account. If you disabled your Facebook account yourself, you can activate it by logging in. However, if the account is disabled by Facebook, you need to submit an appeal to get the account reinstated; Depending on the circumstances, they will consider your request. You cannot restore a deleted account.

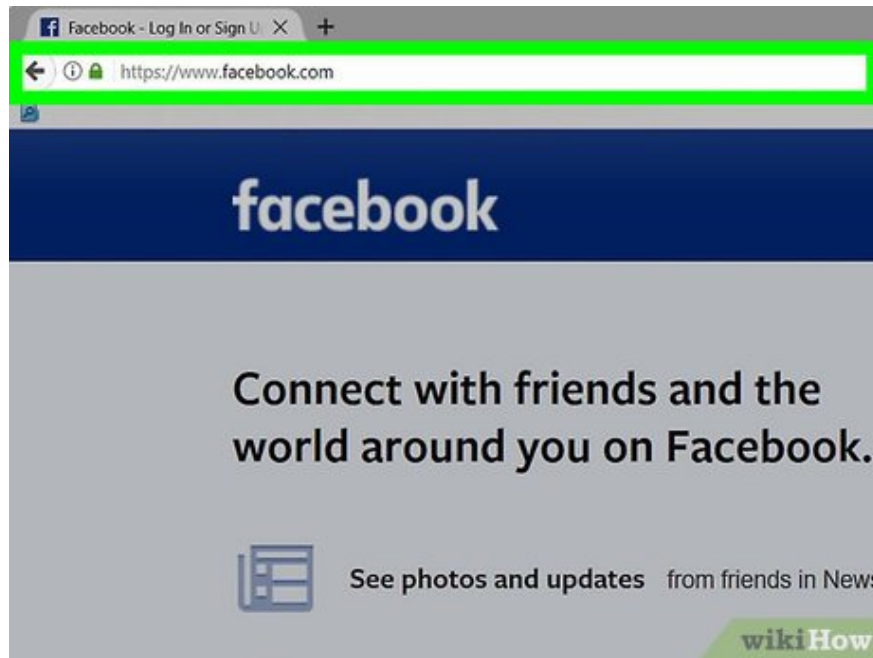
## Recover accounts that were self-disabled by the user



The image shows a screenshot of the Facebook 'Sign Up' form. A bright green rectangular border highlights the main registration fields: 'First name', 'Last name', 'Mobile number or email', and 'New password'. Below these fields, the 'Birthday' section is visible, featuring three dropdown menus for month (set to 'Sep'), day (set to '22'), and year (set to '1999'). To the right of the year dropdown is a link that says 'Why do I need to provide my birthday?'. At the bottom of the form, there are radio buttons for 'Female' and 'Male'. The 'wikiHow' logo is visible in the bottom right corner of the form area.

**Make sure you can still recover your account.** If this account was temporarily disabled by you, you can restore it at any time. However, if you decide to delete your account, you only have 14 days from the time of decision to change your mind and log back in.

If your account deletion request has passed the 14 day period, your account will be permanently deleted and cannot be restored. Try creating a new Facebook account.



Open the Facebook page by visiting <https://www.facebook.com/> . This will take you to Facebook's home page.



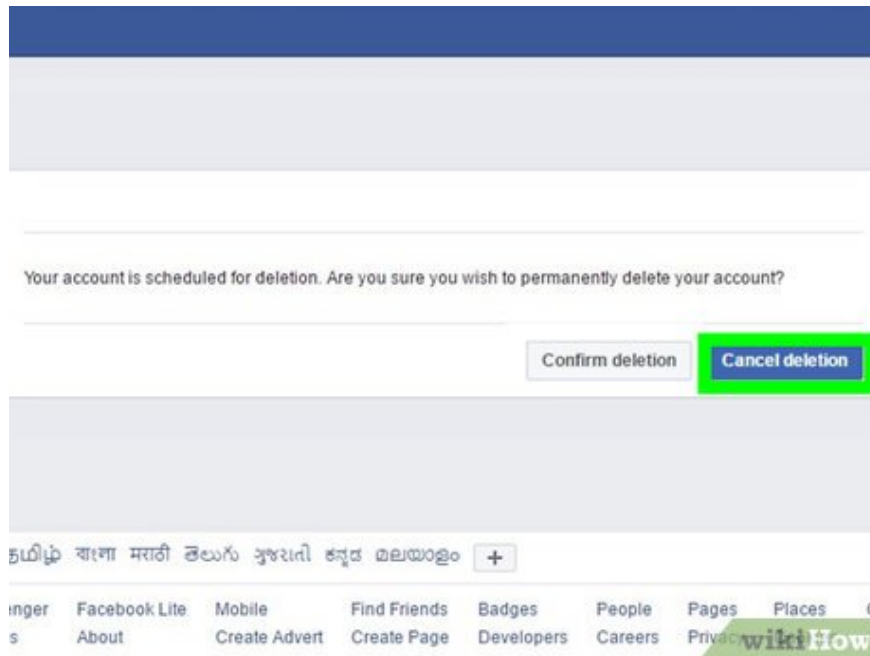
Enter your email address or phone number in the "Email or Phone" field in the upper right corner of the page.

The image shows the top portion of the Facebook login interface. At the top, there is a dark blue header bar. On the left, the text "Email or Phone" is positioned above a light gray input field. To its right, the text "Password" is positioned above another light gray input field, which is highlighted with a bright green border. Further right, a blue button with the text "Log In" is visible. Below the "Password" field, the text "Forgot account?" is displayed in a smaller font. The main content area below the header is light gray and features the heading "Sign Up" in a large, bold, black font. Underneath the heading, the text "It's free and always will be." is displayed. Below this text, there are four input fields: "First name" and "Last name" are side-by-side, "Mobile number or email" is a single wide field, and "New password" is another wide field. In the bottom right corner of the main content area, the "wikiHow" logo is visible.

**Enter your Facebook password.** Type the password you use to log into Facebook into the "Password" field to the right of the email address (or phone number) field.

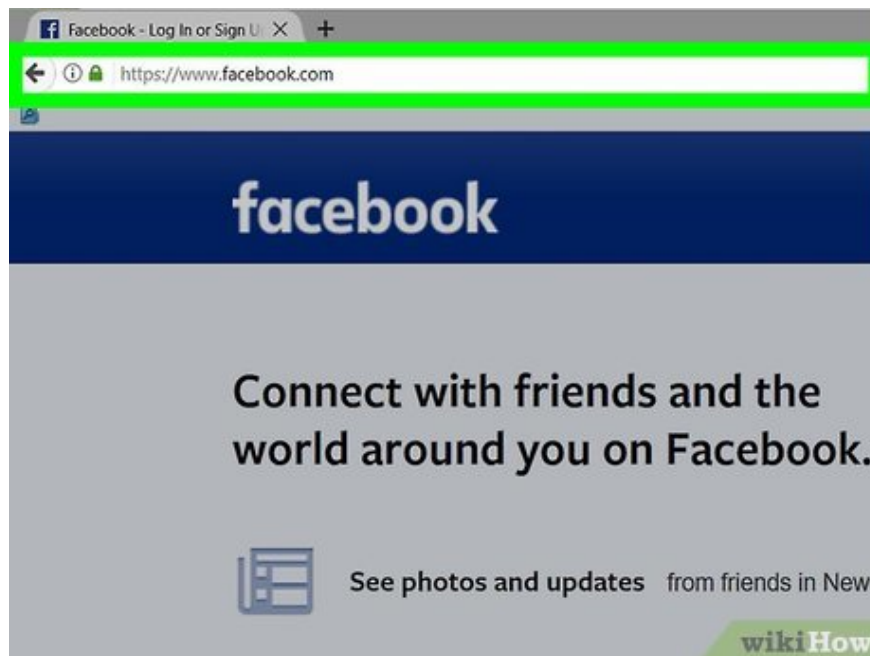
This image is identical to the one above, showing the Facebook login page. However, in this version, the "Log In" button in the top right corner of the dark blue header is highlighted with a bright green border. The rest of the page, including the "Sign Up" heading and the various input fields, remains the same as in the previous image.

**Click Log In.** It's in the top right corner of the page. This will take you to your account if it's still accessible.



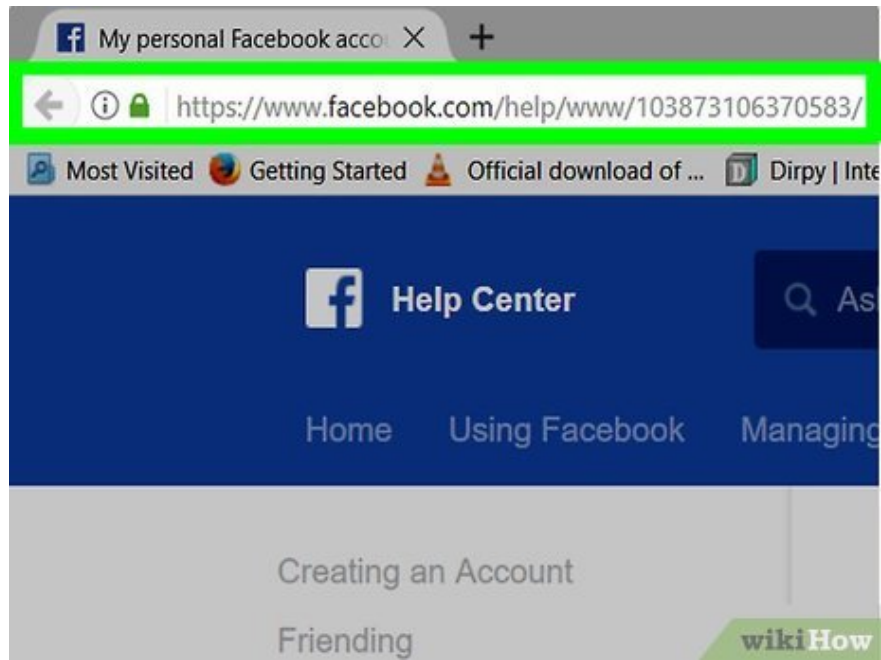
**Click Cancel Deletion** . If you have decided to delete your account, click the **Cancel Deletion** button to go to your Facebook account. You can now resume using Facebook as before deactivating your account.

## Submit a complaint

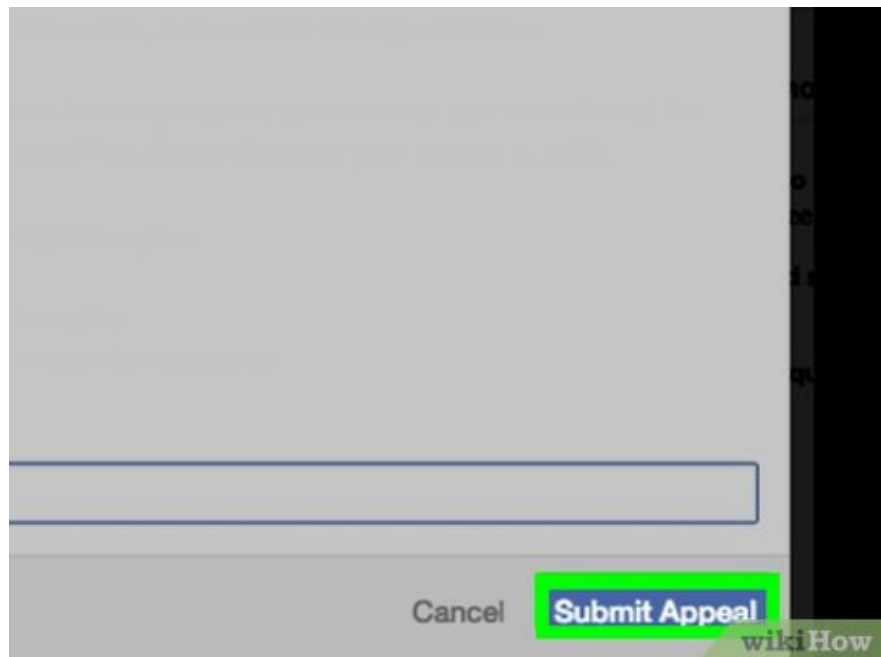


**Make sure your Facebook has been disabled.** Go to <https://www.facebook.com/>, enter your email address and password, then click **Log In** . If you see the message "Account disabled", your account has been locked by Facebook and that means you can file a complaint.

If you can access your account normally, your account has not been disabled.



Open the "My Facebook account has been disabled" page by visiting <https://www.facebook.com/help/www/103873106370583/> . You need to do this on your computer.



**Click submit an appeal .** This link is to the right of the "If you think your account was disabled by mistake, please" line near the bottom of the page. The screen will display the complaint.

If the menu displays a page asking you to log out, close your browser and reopen it. You'll also need to clear your browser's cookies before continuing.

Login email address or mobile phone number

Your full name

As it's listed on the account

Your ID(s)

Saved as JPEGs, if possible

No file chosen

Additional info

wikiHow

**Enter email address and phone number.** Type the email address or phone number you want to use to log into Facebook in the "Login email address or mobile phone number" field near the top of the page.

This must be the email address or phone number that you usually use to log into your account.

Login email address or mobile phone number

Your full name

As it's listed on the account

Your ID(s)

Saved as JPEGs, if possible

No file chosen

Additional info

wikiHow

**Enter name.** Type the name you use for your Facebook account in the "Your full name" field.

This name may not be your real name.

Login email address or mobile phone number

Your full name

As it's listed on the account

Your ID(s)

Saved as JPEGs, if possible

**Choose Files** No file chosen

Additional info

wikiHow

**Upload your identification documents.** It could be a driver's license, ID card or passport. You do it in the following way:

Take a photo of the front and back of your ID and transfer the photo to your computer.

Click **Choose Files** .

Select the photo you want to upload.

Click **Open**?

Login email address or mobile phone number

Your full name

As it's listed on the account

Your ID(s)

Saved as JPEGs, if possible

Choose Files No file chosen

**Additional info**

wikiHow

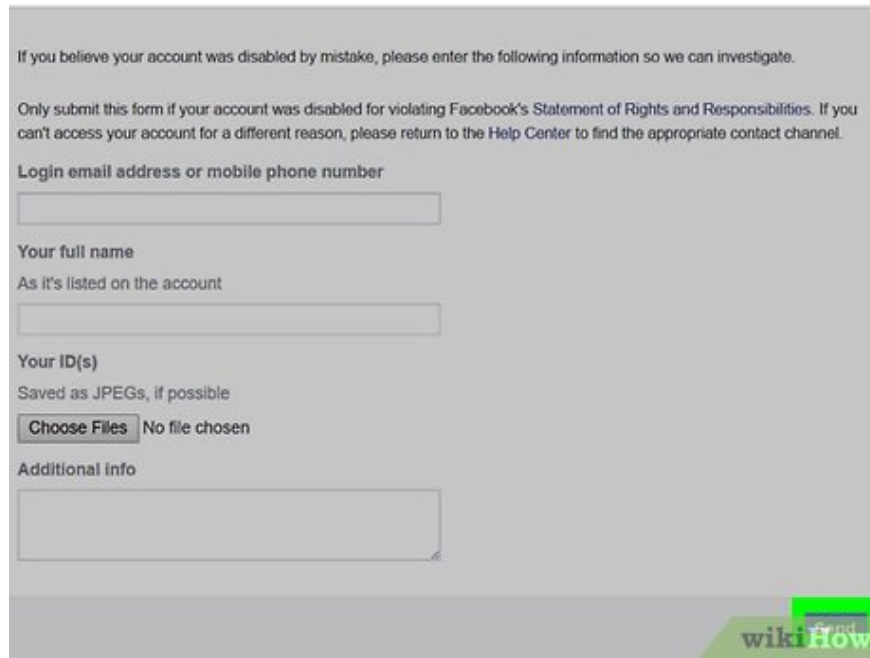
**Add information to the complaint.** In the "Additional info" field near the bottom of the page, enter additional information you want to provide to Facebook. Some additional information is as follows:

If your real name is different from the name on Facebook.

If you suspect your account has been hacked by someone.

If you have clear evidence that someone committed fraud or violations using your Facebook account.

If you are insulted by someone who you suspect is behind the action that will cause your account to be disabled.



If you believe your account was disabled by mistake, please enter the following information so we can investigate.

Only submit this form if your account was disabled for violating Facebook's Statement of Rights and Responsibilities. If you can't access your account for a different reason, please return to the Help Center to find the appropriate contact channel.

Login email address or mobile phone number

Your full name

As it's listed on the account

Your ID(s)

Saved as JPEGs, if possible

No file chosen

Additional info

wikiHow

**Click Send in the bottom right corner to send the application to Facebook.** If Facebook decides to reverse the deactivation, they will send you a notification letting you know your account is now accessible.

You finished reading the article "**How to Recover a Disabled Facebook Account**" edited by the [TipsMake](#) team. We hope this article has provided you with many useful tech tips and tricks. You can search for similar articles on tips and guides. Thank you for reading and for following us regularly.