

Forum:[Hack Forums](#)

Thread: [How can I find the phone number/ email associated with a target Instagram account?](#)

H4PH4Z - August 16, 2022, 7:55 pm

If anyone has methods for this please reply below :)

switchwagaga - August 17, 2022, 6:38 pm

Don't know where you live but where I live a lot of people use facebook along with instagram. If the person has facebook account, you can check leaked facebook user data for associated phone number (sometimes work). If not, you can look for targets email and check other leaks otherwise you're stuck with google + social engineering.

vladimirpetrov - August 18, 2022, 10:36 pm

Yes there are methods for this

atlasperl - August 30, 2022, 4:49 am

(Aug 16, 2022 07:55 PM)H4PH4Z Wrote: [\[CITE\]](#) If anyone has methods for this please reply below :)
Well what you could do if you have some idea of the number already is start a recovery for the account and ask to send a pw reset to the phone number linked. Then you can get the last four of the number, but thats only if you already partially know the number.

Petedrulls - August 30, 2022, 12:07 pm

I had same issues mate Reply here if you got it done