

Forum:[Hack Forums](#)

Thread: [Facebook email password reset](#)

biggergorilla - July 17, 2025, 12:57 pm

Long story short,

I cannot reset my Facebook password as when I attempt to send the reset code to my email, it gives me an error. It defaults to trying to send a code to a phone that not only do I no longer have, but the number isn't even in service.

Does have even a guess for how I can get this password reset email sent?

DramaKing - July 17, 2025, 1:26 pm

The usual answer. Contact support. Maybe clear your cookies and check the browser console. Also update your phone number/log in to a mobile device as soon as you're able.

biggergorilla - July 17, 2025, 1:55 pm

(Jul 17, 2025 01:26 PM)DramaKing Wrote: [\[CITE\]](#) The usual answer. Contact support. Maybe clear your cookies and check the browser console. Also update your phone number/log in to a mobile device as soon as you're able.

I've tried on my phone and desktop, where the option to send an email doesn't even come up. Do you know if Meta support would be able to offer support? Because Facebook doesn't have a way to contact them.

Thanks btw.

DramaKing - July 17, 2025, 1:58 pm

(Jul 17, 2025 01:55 PM)biggergorilla Wrote: [\[CITE\]](#) I've tried on my phone and desktop, where the option to send an email doesn't even come up. Do you know if Meta support would be able to offer support? Because Facebook doesn't have a way to contact them.

Thanks btw.

Facebook support is Meta.

sejje1 - July 18, 2025, 11:13 am

(Jul 17, 2025 12:57 PM)biggergorilla Wrote: [\[CITE\]](#) Long story short,

I cannot reset my Facebook password as when I attempt to send the reset code to my email, it gives me an error. It defaults to trying to send a code to a phone that not only do I no longer have, but the number isn't even in service.

Does have even a guess for how I can get this password reset email sent?

I understand you very well and I understand that there is no phone number even in the service and I understand that you did not give me the email option from Facebook, let me ask you, are you sure that the email option is added inside the account or you are not sure about the account link to the email, I need your email and the account link and I will try to send you a notification on the email if there is already an email inside the account, another idea is that the password can be guessed as long as it is in your mind

biggergorilla - July 24, 2025, 12:30 pm

(Jul 17, 2025 01:58 PM)DramaKing Wrote: [\[CITE\]](#) Facebook support is Meta.

Meta support won't help with Facebook accounts, this shit is ridiculous. The Facebook help section is just a fucking loop where you can't get in touch with anyone.