





What to Do If Your Social Media Account Is Hacked

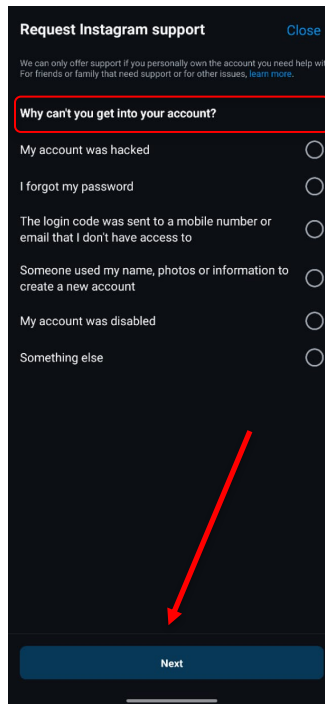
Instagram

► Signs Your Account Is Hacked:

-  Unexpected posts or DMs
-  Profile info changed
-  Can't log in / strange email alerts

Recovery Steps:

- Go to  <https://www.instagram.com/hacked/>
- It will take you to below page Then choose: "My account was hacked" and Click on Next



Request Instagram support Close

We can only offer support if you personally own the account you need help with. For friends or family that need support or for other issues, [learn more](#).

Why can't you get into your account?

My account was hacked

I forgot my password


The login code was sent to a mobile number or email that I don't have access to

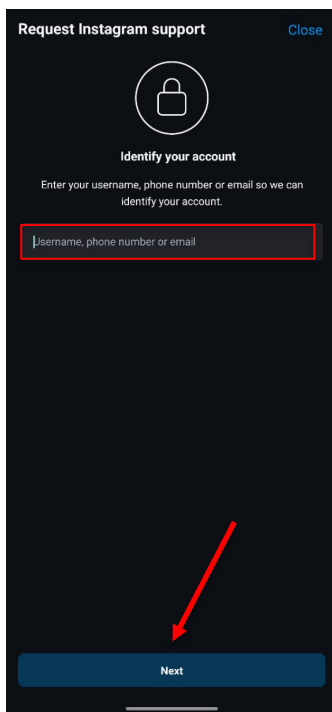
Someone used my name, photos or information to create a new account

My account was disabled

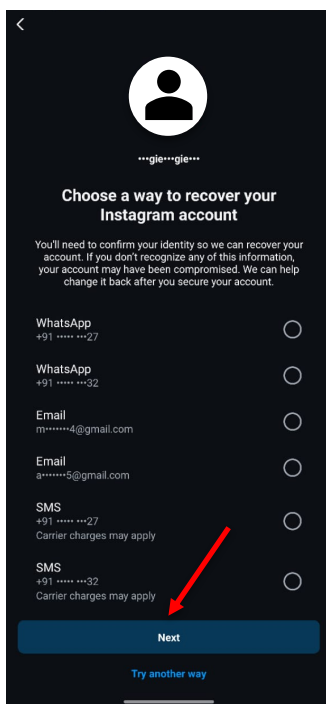
Something else

Next

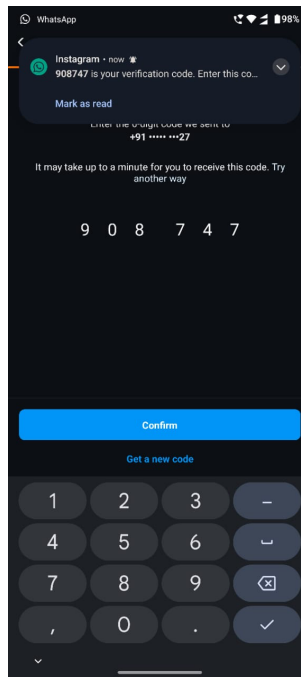
-  Verify identity via email, phone, username and click on next



- Select your number or email then click on next.



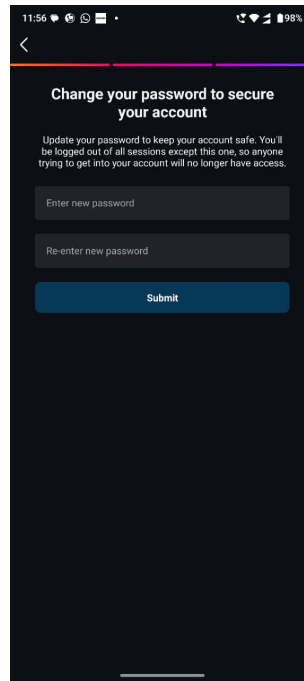
- Enter OTP and click on confirm



- If you have backup code Enter Backup code and click on confirm else click on “Try another way” select “Send text message”



- Enter your new password and click on submit.



- ✉️ If your email changed, check for Instagram's security email to undo changes
- 🛠️ Use "Need more help?" for extra support

✉️ **If Your Email Was Changed:**




- 👤 If you made the change: Accept from new email
- ❌ If you didn't: Deny from old email using the security link from security@mail.instagram.com

🛡️ **Prevention Tips:**





- ✅ Enable Two-Factor Authentication
- 🗝️ Use strong, unique passwords
- 🚫 Revoke access to suspicious apps

WhatsApp




▶ **Signs Your Account Is Hacked:**

-  Unknown messages sent
-  Logged out unexpectedly
-  OTP (One Time Password) received without request

Recovery Steps:




-  Reinstall WhatsApp
-  Verify with your phone number
-  Enter OTP to regain access
-  Email support@whatsapp.com if 2-step verification is blocking access

Prevention Tips:

-  Enable 2-Step Verification
-  Never share OTPs
-  Avoid clicking shady links

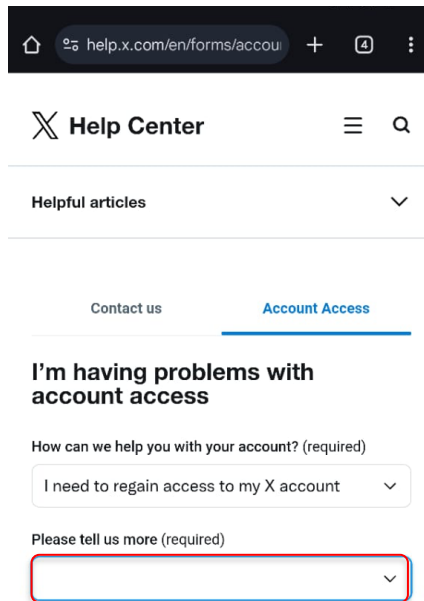
Twitter / X

► Signs Your Account Is Hacked:

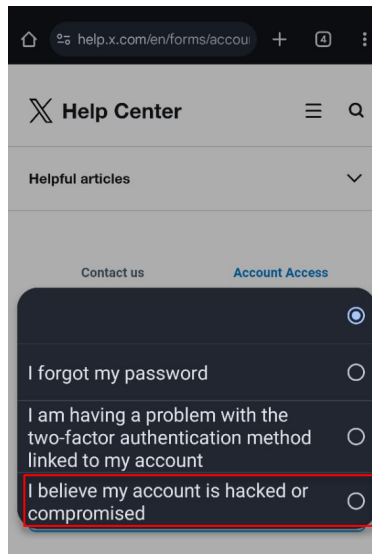
-  Unauthorized tweets or DMs
-  Changed profile or email info
-  Can't log in

Recovery Steps:

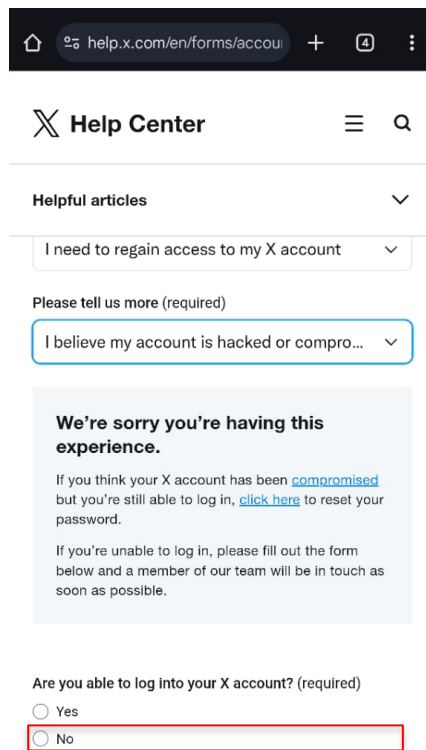
- Visit  <https://help.twitter.com/forms/hacked>
- It will take you to below page .click on Please tell us more



- Click on “Please tell us more” and select “I believe my account is hacked or compromised”



- Then select no



help.x.com/en/forms/accou

Help Center

Helpful articles

I need to regain access to my X account

Please tell us more (required)

I believe my account is hacked or compro...

We're sorry you're having this experience.

If you think your X account has been [compromised](#) but you're still able to log in, [click here](#) to reset your password.

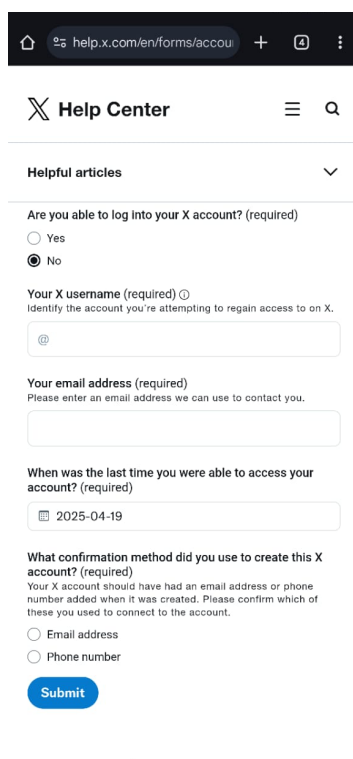
If you're unable to log in, please fill out the form below and a member of our team will be in touch as soon as possible.

Are you able to log into your X account? (required)

Yes

No

- Then fill the below open form and upload a screenshot of your X and submit the form



help.x.com/en/forms/accou

Help Center

Helpful articles

Are you able to log into your X account? (required)

Yes

No

Your X username (required)

Identify the account you're attempting to regain access to on X.

@

Your email address (required)

Please enter an email address we can use to contact you.

When was the last time you were able to access your account? (required)

2025-04-19

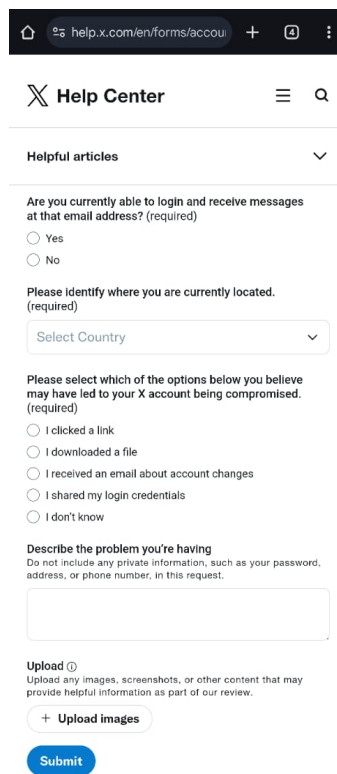
What confirmation method did you use to create this X account? (required)

Your X account should have had an email address or phone number added when it was created. Please confirm which of these you used to connect to the account.

Email address

Phone number

Submit



help.x.com/en/forms/accou

Help Center

Helpful articles

Are you currently able to login and receive messages at that email address? (required)

Yes

No

Please identify where you are currently located. (required)

Select Country

Please select which of the options below you believe may have led to your X account being compromised. (required)

I clicked a link

I downloaded a file

I received an email about account changes

I shared my login credentials

I don't know

Describe the problem you're having

Do not include any private information, such as your password, address, or phone number, in this request.

Upload




Upload any images, screenshots, or other content that may provide helpful information as part of our review.

+ Upload images

Submit



Prevention Tips:

-  Enable 2FA with an authenticator app
-  Revoke shady third-party apps
-  Use a secure password

Facebook

► Signs Your Account Is Hacked:

- 📢 Posts/messages you didn't write
- 🔄 Login info changed
- 👁 Friends report strange activity







🔧 Recovery Steps:

- Visit 🖱 <https://www.facebook.com/hacked>
- Click "My Account Is Compromised"
- Enter your phone/email 📱✉
- 🔑 Reset password & secure account
- 🆔 Submit ID if you're locked out

🛡 Prevention Tips:

- 🗝 Turn on 2FA
- 👁 Monitor logins under Security & Login
- 🧠 Use strong, varied passwords

Universal Recovery Checklist

Step	Action
 Stay Calm	Don't panic. Reset credentials & inform contacts.
 Reset	Change your password immediately.
 Recover	Use registered email/phone to regain access.
 Upload	Submit ID/selfie if needed.
 2FA	Enable Two-Factor Authentication everywhere.
 Revoke Access	Remove access from any sketchy apps.