Appeal Forms:

1. https://www.facebook.com/help/instagram/contact/606967319425038
2. https://help.instagram.com/contact/1652567838289083
3. https://help.instagram.com/contact/396169787183059
4. https://www.facebook.com/help/contact/1652567838289083
5. https://help.instagram.com/contact/437908793443074

When filling out the forms, you want to ensure you get the quickest response so follow these steps:

- Even if you're a business, click **NO** I am not -- the verification process takes way longer if you click yes
- You can put any email so if they block the one that's linked to your disabled profile, put any other one
- No matter where you live in the world, always say you're from the **United States** -- they prioritize those tickets and the success rate is higher

Reminder:

If they deny your first appeal, keep submitting more! You can get a few no's before you get that one yes.
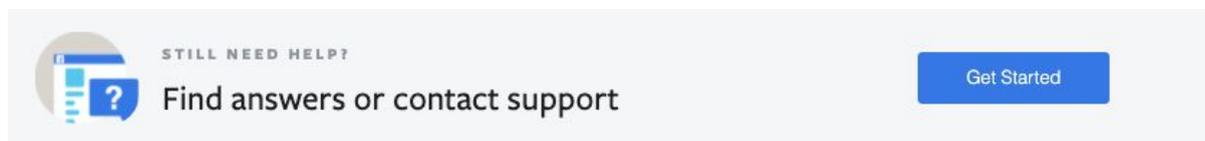
Direct Emails:

1. datarequests@support.instagram.com
2. case++aazqd5tkgkou5z@support.facebook.com

Talk to a Representative:

https://www.facebook.com/business/help?ref=fbb_ens

If you have ever run an ad then this step will work for you. You need an ads account and if you don't have one, I suggest you run a $3 ad to get access to this chat feature.

You're going to go here:

Click **Get Started**

Fill out the form and wait for a rep to get in a chat with you.

The Key to These Chats:

1. Be really nice
2. Explain in detail your situation
3. Expect to talk to a few reps before one is kind enough to help
4. Ask for a specific case number
5. Request them to send you a personal email with the information stated within the chat
6. Get them to escalate the issue and give you updates when things change
7. Ask them to submit an appeal on your behalf

It took me a few tries until I had about 3 reps working on this case and within the span of a few hours my account got enabled and all 3 who were personally tracking it emailed me. So they sped this process up and I have their direct emails if I ever need assistance again.

Bonus Tip:

I'm not sure the success rate of these tips, but everything is worth a shot!

On another IG account, go to settings and report a problem. Write up what the issue is, this message will be sent to the internal team so maybe it'll get them to look at your actual case/appeal.