Appeal template and checklist

For a disabled, suspended or banned Instagram, Facebook or TikTok account. Free, from UnbanMyAccount.

> Only the platform decides whether an account is restored. This document does not guarantee any result, and nobody should ask you for your password.

1. The appeal template

Copy it, replace the brackets with real facts and keep it short. One concrete fact is worth more than three paragraphs.

> Hello, I am the owner of the account [@username]. On [date] it was [disabled / suspended / restricted] with the notice "[exact words of the notice]".
>
> I believe this was a mistake because [one concrete fact: for example, the post is a cooking demonstration with no violent content / the account was accessed from another device on that date / I have the original file of the photo].
>
> I can verify my identity with [ID in the same name as the account / video selfie / email and phone linked to the account]. Please review the decision and restore access. Thank you.

- Keep it under 100 words and do not insult the platform or mention how much money you lose.
- If you did break a rule, say so briefly and explain what you changed.
- Submit it once, from your usual device and network, without a VPN.
- If the appeal was already rejected, send only what is new: original files, licences, proof of ownership.

2. The five-phase checklist

Phase 1: diagnose before you do anything

- [ ] Read the notice word for word and take a screenshot.
- [ ] Write down the date and the deadline to appeal (most platforms give a limited period).
- [ ] Identify the likely category: rule violation, impersonation, security lock, hack, age, copyright or spam.
- [ ] Check linked accounts (Facebook for an Instagram account, Shop and creator tools for TikTok).
- [ ] Search your email, including spam, for messages from the platform.

Phase 2: gather evidence

- [ ] Identity: an ID with the same name as the account and, if offered, a video selfie.
- [ ] Ownership: the email and phone linked to the account, the year it was created, links showing the same name elsewhere.
- [ ] Context: original files of the flagged content or licences for music and images.
- [ ] Business accounts: website, registration or receipts.
- [ ] The policy: the section of the platform's own rules you believe applies.

Phase 3: write a short message

- [ ] Use the template above. State what happened, why it is a mistake and what you ask for.
- [ ] One concrete fact, not feelings. Under 100 words.

Phase 4: submit once, through the right route

- [ ] Use the route that matches your notice: hacks, impersonation and age checks have their own routes.
- [ ] Submit one complete appeal. Do not submit from other accounts or on someone else's behalf.
- [ ] Save the confirmation and any reference number.

Phase 5: wait and prepare the next step

- [ ] Platforms do not guarantee response times: days are common and some reviews take weeks.
- [ ] Do not create new accounts to get around a ban, do not message the platform repeatedly and do not share your password.
- [ ] If the answer is negative, check whether another review is offered and prepare something new to add.

3. Warning signs of a recovery scam

- Anyone who asks for your password or a verification code.
- Apps or websites that promise to "unlock" an account instantly.
- Guaranteed results, or payment requested before anyone has looked at your case.
- Messages that pressure you to act in minutes.

Where to read more

- Instagram: unbanmyaccount.com/instagram/
- Facebook: unbanmyaccount.com/facebook/
- TikTok: unbanmyaccount.com/tiktok/

If you have used every official route and the account is critical, you can write to us on Telegram (@Hndrlndt). We tell you before you pay whether we can take your case.