

I'm not a bot



Are you having trouble logging in to Instagram?Dont worry! You dont need to call Meta HQ if you cant access your Instagram account.Follow these steps to solve your Instagram login problems from the mobile app, website, or via Facebook.Lets go!The Instagram mobile app is free to download and allows you to utilize all of the networks features and capabilities.Before logging in, you need to have the app downloaded on your device, smartphone or tablet. You can get the app for Android or iOS.Once youve downloaded it, you just have to click on the app to open it.To log in to Instagram, you have to use your email address, username or phone number and your password.If you havent created an account yet, you need to sign up.Create your Instagram account hereNow youre in! Time to start liking, following, and interacting with content on the app.You can also access your Instagram account via the web version, however, it should be noted that not all of Instagrams features are available on the online version.To sign in to Instagram from your computer, you dont need to download anything. You can start using it on Instagram Web,just like the app, you can use several methods to log in: phone number, email address or username, along with your password.Once youre into Instagram, you can start using the social network.The online version of Instagram differs from the mobile app in some ways. In this post, you can see what you can do in the browser version and what you cant, compared with the app.Do you have a Facebook account and want to use it for Instagram?This way you can speed up your log-in time. Find out how.You can log in this way through the app or the browser version.From all the options available, Create New Account and Log in with Your Details, click on the third option, Log in with Facebook.Instagram will ask you to connect with your Facebook account. If you have already logged in, you will get in directly by allowing Instagram to access your Facebook account.If you havent logged in, youll need to log in to Facebook and then allow Instagram access.Now that you have linked your Instagram account to Facebook, you can start using it. Also, by logging in through Facebook, you can see which of your friends are also on Instagram.Sometimes logging in to your Instagram account isnt as simple as it seems. If you lose your password or username, you can run into issues connecting to the app. To resolve common issues, see these recently asked questions:If you are having trouble logging into your Instagram account, you can recover your account by clicking Forgot Password?. You can recover your account by entering your username, phone number, email, or Facebook account. Once you click Next a link to reset your password will be sent to either your email or phone number.If you have forgotten your username, you can still log in using your email address or phone number to locate your username at the top of the page.If you are logged in to multiple Instagram accounts but want to log out of just one account, you dont need to log out of all accounts. To do this, head to the profile of the account you want to log out of. Click on the three line icon in the top right corner, and then click on Settings and privacy.Scroll all the way down on this page until you see Log out. By clicking this, an option to Log out of all accounts will appear. Here you can toggle on the account you want to log out of, and press Log out. You can select to save the login information for when you log back into the app.You can view a list of devices that have recently logged into your Instagram account if you believe someone else has logged into your account. To do this, head to your profile and click on the three-line icon in the top right corner. Then, select Settings and privacy and tap Account Center.Click on Password and security, and scroll down until you see the Where youre logged in tab. From here, you will see the recent devices that were used to log into your accounts.Now that you know more about logging into Instagram, you can start uploading content onto your profile: posts, stories, reels, etc.One way to keep your bases covered and not end up with no posts on your feed is to program your content so that it gets posted automatically. You can do this automatically, so you can always have content on the go while you get on with other tasks.If you want to become an IG pro, this Instagram Marketing Guide will help you get started!Want to become an Instagram pro?Content scheduling, advanced analytics and AI assistanceTake the stress out of growing your Instagram account with Metricool. 1Go to in a web browser. You can use Google Chrome, Safari, Mozilla Firefox, or another browser. This will open the login screen.If you're signed into someone else's account, click in the bottom-left corner and click "Log out" to sign out. 2Enter your login information. You'll need your phone number, username, or email and your password to log in to Instagram on your PC or Mac.[1]If needed, you can reset your password. Advertisement 3Click Log in. This is the blue button. You'll be logged into your Instagram account. Advertisement Add New Question Question Is there any way to access my Instagram account via Google login? Unfortunately no. Meta (the company behind Instagram and Facebook) only allows their users to log in to Instagram either using their registered email and password, or through their Facebook account. Ask a Question Advertisement Reviewed by: Social Media Marketing Expert This article was reviewed by Anyah Le Gilmore-Jones and by wikiHow staff writer, Rain Kengly. Anyah Gilmore-Jones is a Social Media Marketing Expert based in Nashville, Tennessee. An innovative experiential and social media marketer, Anyah is skilled at creating engaging brand experiences and leverages her passion for connecting people and ideas to drive organic growth for purpose-driven brands. As the founder of GROW by Gilmore, a social media strategy company, Anyah develops data-driven social media strategies focused on authentic community building. She has over 4 years of experience spearheading viral campaigns and producing content for brands like HBCU Buzz, Black & Scholared, SHEIN, and Project Art Collective. She received her BA from Howard University in Political Science and Government. This article has been viewed 359,327 times. Co-authors: 7 Updated: August 21, 2024 Views:359,327 Categories: Instagram Accounts PrintSend fan mail to authors Thanks to all authors for creating a page that has been read 359,327 times.

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