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Creating an Email Account without a Phone Number

Trying to create an email account without a phone number is very challenging, and yet, many businesses/employment opportunities want to communicate electronically. How do you create an email address without a phone number?

The resources listed below:

- do not require a phone number or additional email to create an account
- have a free version
- can be used to send and receive email messages

1. **Gmail -** Google will let you create an account, and skip the part about entering a phone number, although you must provide birthday and gender.
   - www.gmail.com
   - Click "Create account"
   - Follow steps (and skip phone number)
   - Then agree to Google's Terms of Service and Privacy Policy
2. **ProtonMail -** https://protonmail.com/signup
   - Choose free plan
   - Recovery email is optional

Please guard your email address and password carefully. Consider writing them down and keeping them in two safe spots. If you forget your email address or password, or someone logs in with your information, it is nearly impossible for you to get back into the account. That means you may be locked out of other accounts that rely on that email address such as your smart phone, bank accounts, streaming subscriptions, job application websites, or someone may use your account to steal and use your personal/financial information.

When you signed up for an email account, if you did so with a phone number, you might be able to use the phone number to re-set your password. If you change phones/numbers make sure to keep your phone number up to date in your email settings to guarantee you can continue to log in.

For more information on this and other related topics, call 211.

Sources:

- Google - www.gmail.com
- ProtonMail - https://protonmail.com/signup

Disclaimer: This HelpSheet is developed by the Helpline Center. Helpsheets provide a brief overview of the designated topic. For more information, call 211 or text your zip code to 898211.

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