

Recovering a Matrix Account

Disclaimer: This guide refers to using the Element Matrix clients, [Element Web](#) or [Element Desktop](#) apps

Resetting the account password will log out all your sessions, before doing this, make sure that

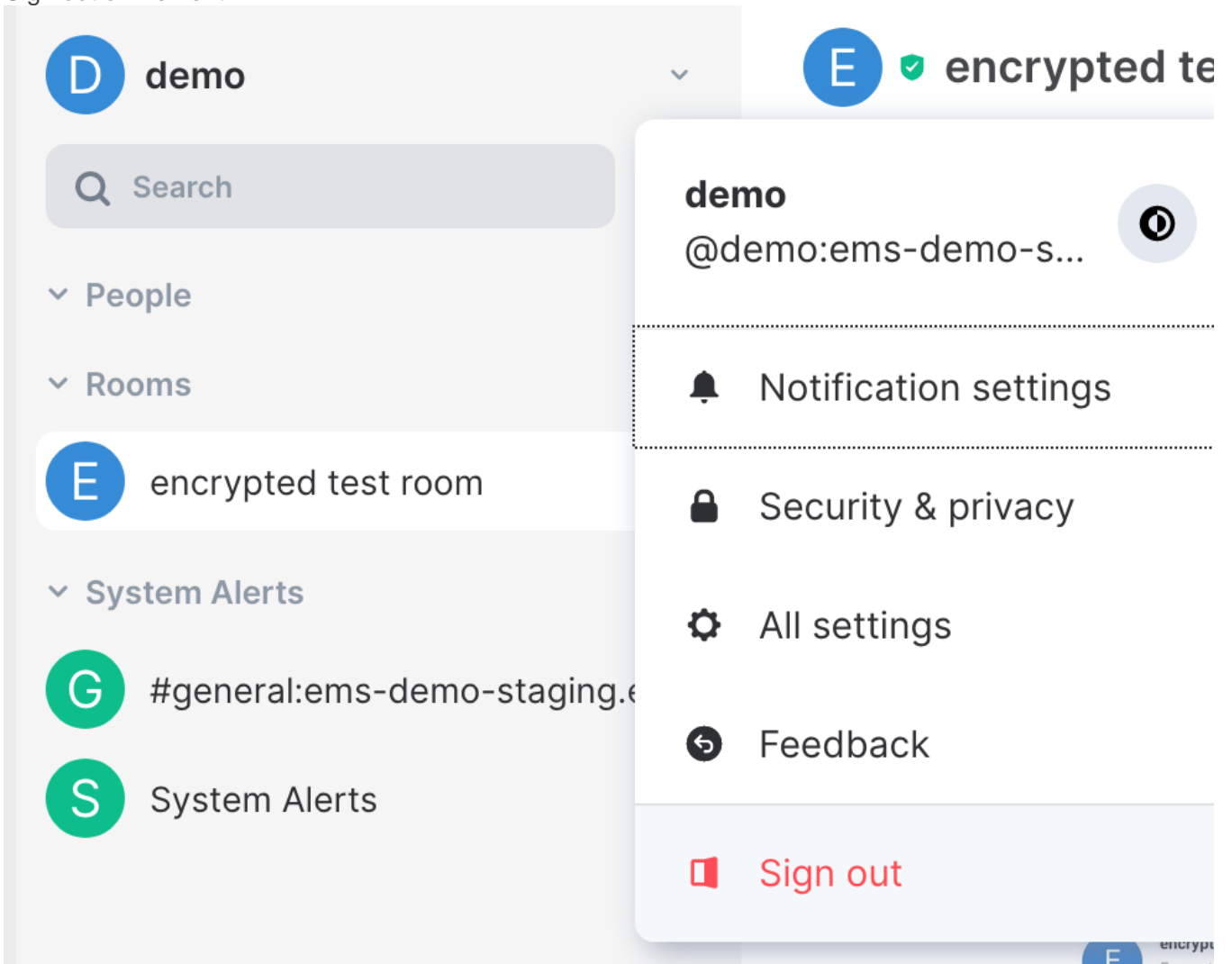
- All your sessions are connected to Secure Backup
- All sessions have backed up all their keys ([Check Cross Signing Status](#))
- You have your correct key backup passphrase available

Recovering your Matrix Account

This will only work if you have an email address attached to your Matrix account. If you do not have an email address attached, contact the administrators of your homeserver.

Reminder: support@matrix.org does not reset passwords under any circumstances

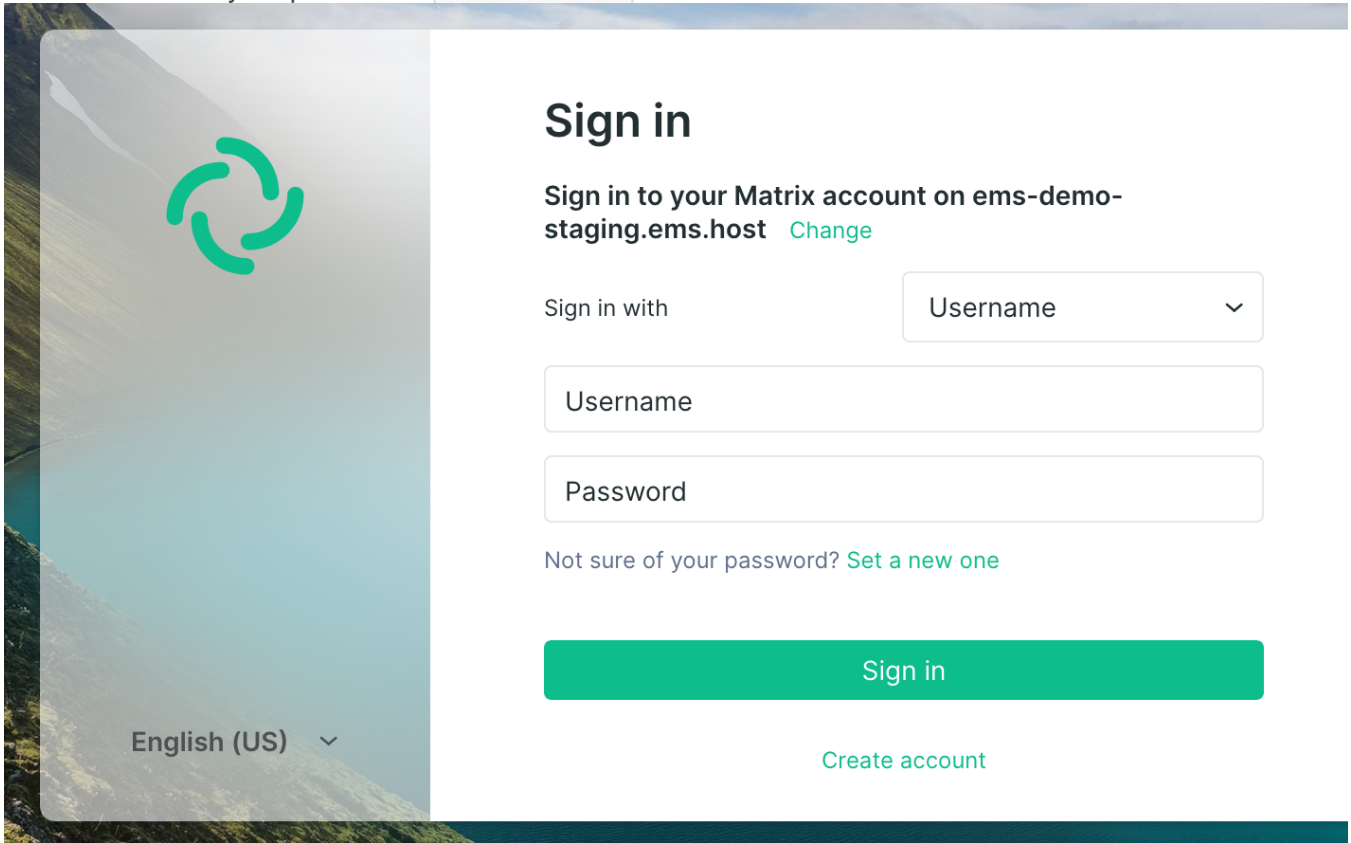
1. Sign out of Element



2. Click Sign out

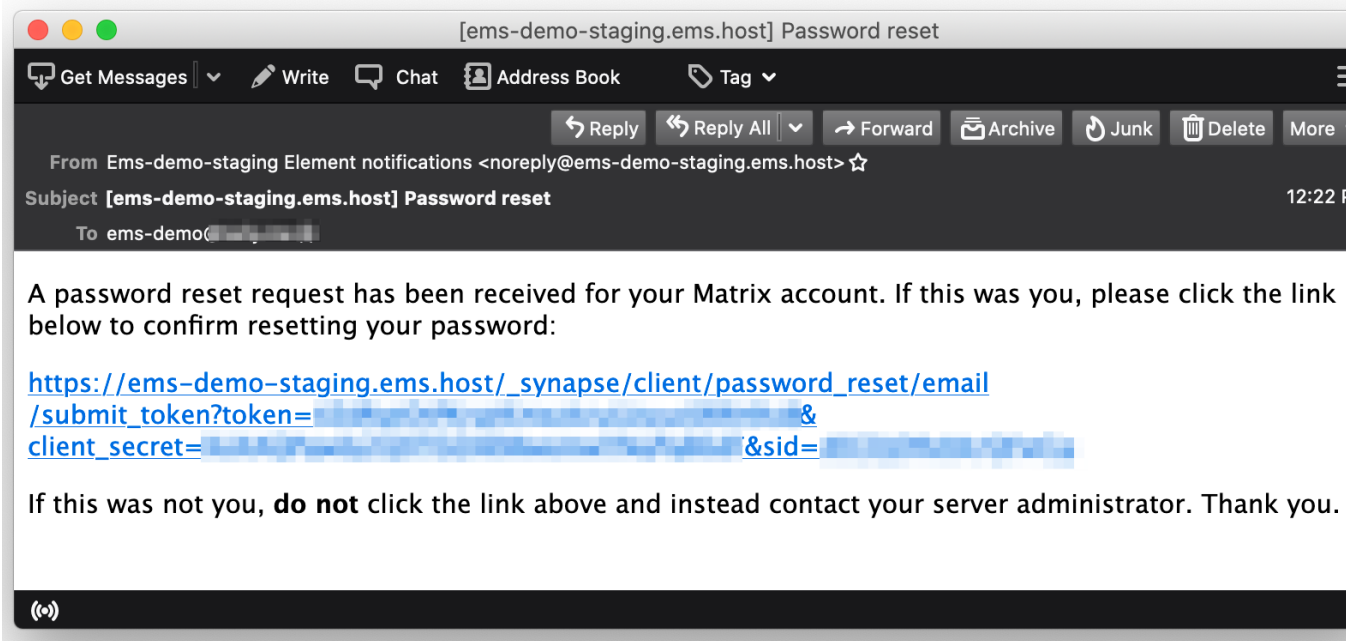


3. Click "Not sure of your password? Set a new one"

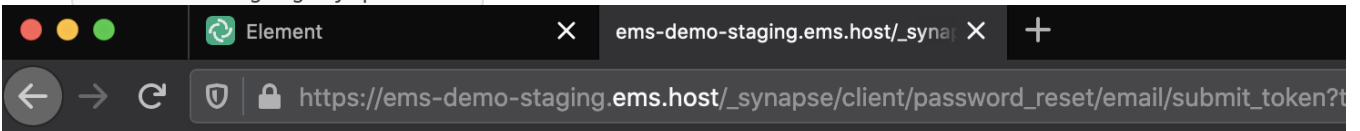


The image shows a sign-in page for a Matrix account. On the left, there is a vertical sidebar with a green circular logo at the top and the text "English (US)" with a dropdown arrow at the bottom. The main content area has a white background. At the top, it says "Sign in" in a large, bold font. Below that, it says "Sign in to your Matrix account on ems-demo-staging.ems.host" with a "Change" link. There is a "Sign in with" label and a dropdown menu currently showing "Username". Below this are two input fields: "Username" and "Password". Under the password field, there is a link: "Not sure of your password? Set a new one". At the bottom of the main content area, there is a large green button labeled "Sign in" and a "Create account" link below it.

6. Click the link in the email. Make sure it opens in new browser tab, leaving your Element client open



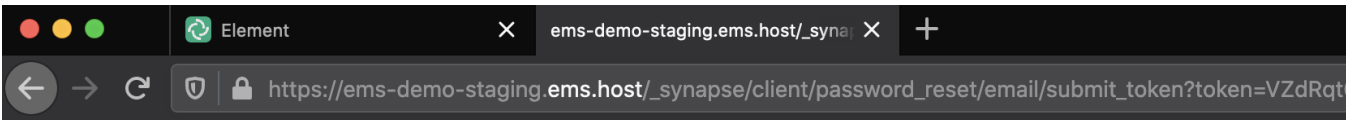
7. Click `Confirm changing my password`



- You have requested to **reset your Matrix account password**. Click the link below to confirm this action
If you did not mean to do this, please close this page and your password will not be changed.

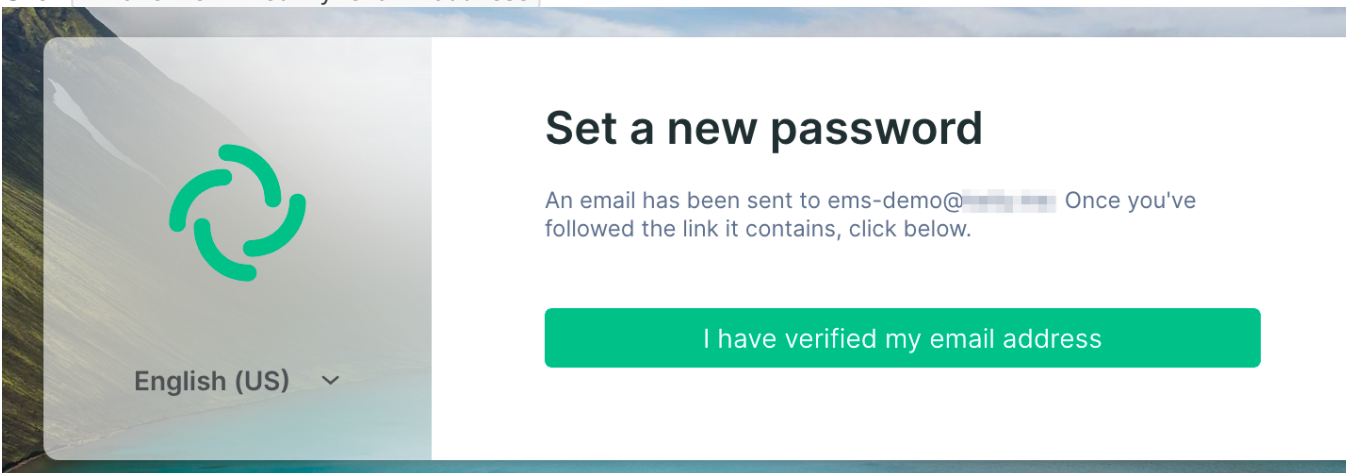
`Confirm changing my password`

8. You can now close this tab and return to Element

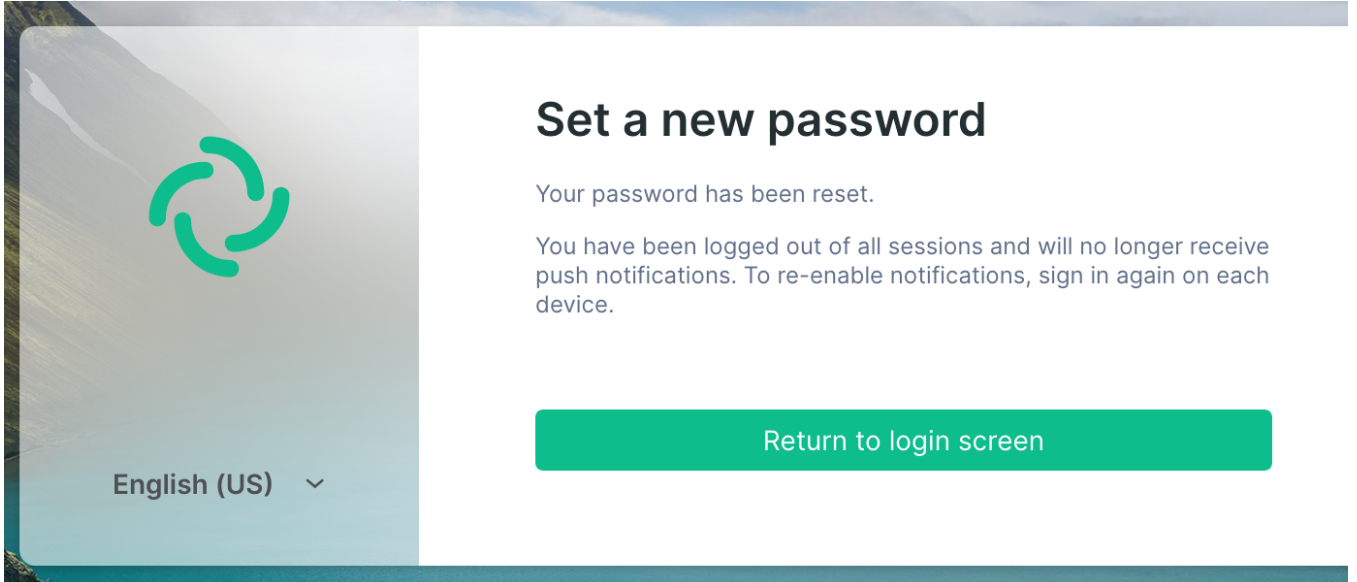


- Your email has now been validated, please return to your client to reset your password. You may now close this window

9. Click `I have verified my email address`



10. Click `Return to login screen`



11. Sign in like normal with your new password. Note that all your other sessions have been signed out and you need to sign in again.

Recovering a Matrix Account on your Homeserver

If you're an EMS customer, you can create your users via the [Server Admin](#) tab of the [EMS Control Panel](#).

Alternatively you can make use of the [Synapse Admin API](#) to manage a Matrix Account on a homeserver you hold an Admin account on. To do so, you will need to use the [User Admin API](#).

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