

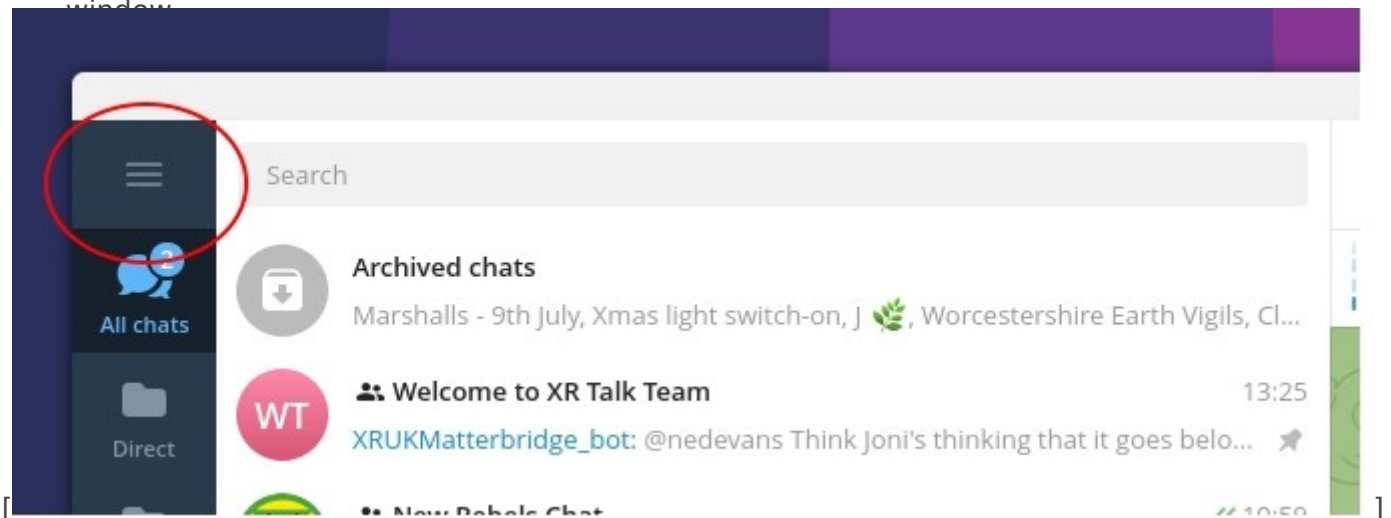
# Hide your phone number from others using Telegram

By default, when you join a Telegram channel your phone number is visible to all others in the channel.

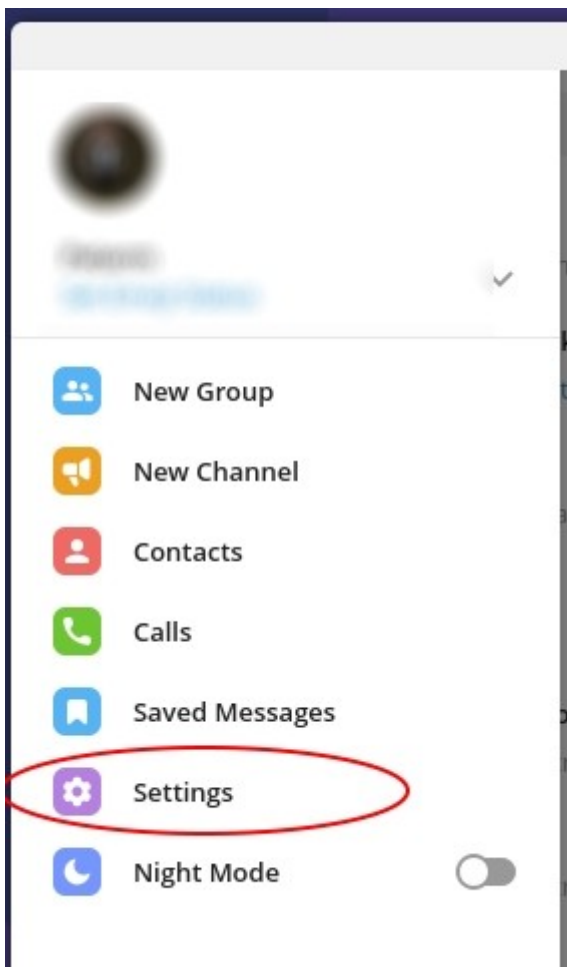
This can lead to you being contacted by spammers, including on other platforms like WhatsApp. The Direct Message facility in Telegram can be used to contact someone without involving their phone number.

The settings in Telegram can be changed to hide your phone number. The steps are almost exactly the same on a phone as a desktop or laptop.

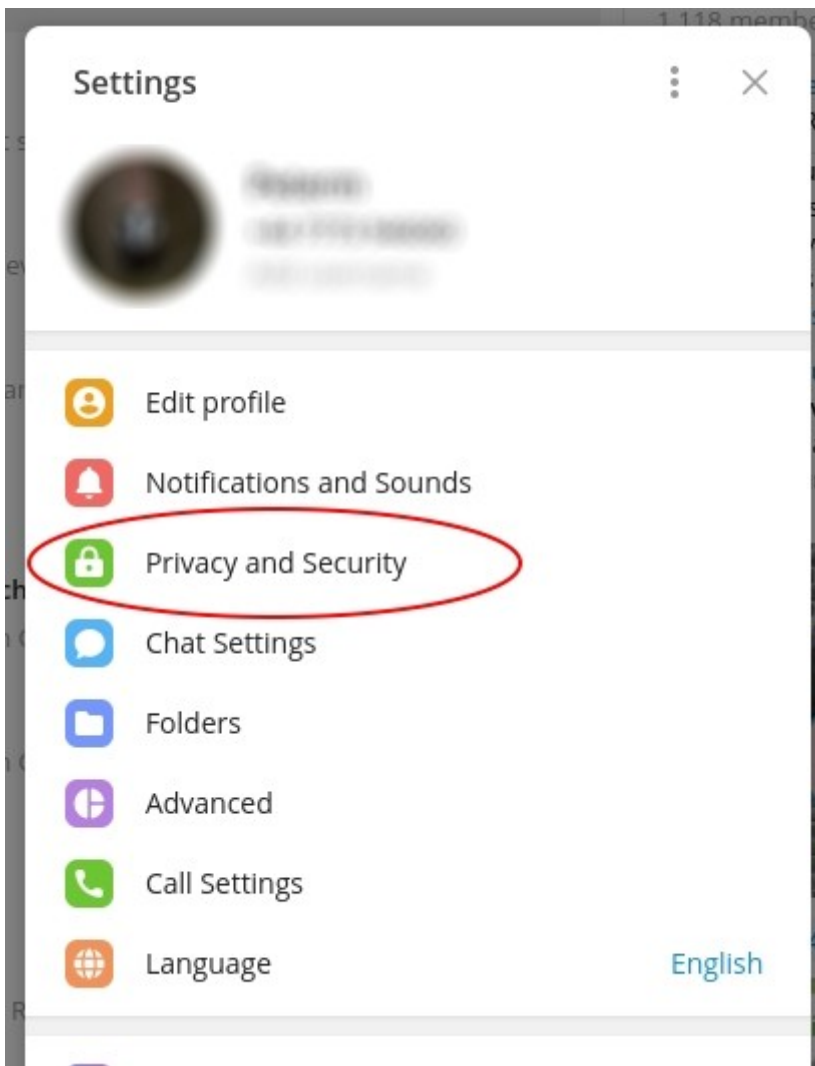
- On a desktop app - click the **three horizontal lines** in the top left of the Telegram window.



Click **Settings**



Click **Privacy and Security**



In the Privacy section click the text to the right of **Phone number**, change the setting to  or  depending on who you trust.

Phone number privacy

Who can see my phone number

☐ Everybody

☒ My contacts

or

☒ Nobody


Users who add your number to their contacts will see it on Telegram only if they are your contacts.

Who can find me by my number

☐ Everybody

☒ My contacts

Add exceptions

 Always share with [Add users](#)

Add users or groups to override the settings above.

[Cancel](#) [Save](#)

You will then see an overview of your setting, and note that there are a few other settings that could also be changed.

Then **Save**

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