public ActionResult Index()

{

MailAddress MessageFrom = new MailAddress("1373611035@qq.com"); //发件人邮箱地址

if (SendMail(MessageFrom, "1373611035@qq.com", "测试", "测试") {

//成功

}

else{

//失败

}

return View();

}

//我的qq授权码sofvspymnoqghggg

public bool SendMail(MailAddress MessageFrom, string MessageTo, string MessageSubject, string MessageBody) //发送验证邮件

{

MailMessage message = new MailMessage();

message.To.Add(MessageTo);

message.From = MessageFrom;

message.Subject = MessageSubject;

message.SubjectEncoding = System.Text.Encoding.UTF8;

message.Body = MessageBody;

message.BodyEncoding = System.Text.Encoding.UTF8;

message.IsBodyHtml = true; //是否为html格式

message.Priority = MailPriority.High; //发送邮件的优先等级

SmtpClient sc = new SmtpClient();

sc.EnableSsl = true;//是否SSL加密

sc.Host = "smtp.qq.com"; //指定发送邮件的服务器地址或IP

sc.Port = 587; //指定发送邮件端口

sc.Credentials = new System.Net.NetworkCredential("1373611035@qq.com", "sofvspymnoqghggg"); //指定登录服务器的用户名和密码(注意：这里的密码是开通上面的pop3/smtp服务提供给你的授权密码，不是你的qq密码)

try

{

sc.Send(message); //发送邮件

}

catch (Exception e)

{

Response.Write(e.Message);

return false;

}

return true;

}