<form id="contact-form" method="post" action="contact.php">

<label for="name">Name:</label>

<input type="text" id="name" name="name" required>

<label for="email">Email:</label>

<input type="email" id="email" name="email" required>

<label for="subject">Subject:</label>

<input type="text" id="subject" name="subject" required>

<label for="message">Message:</label>

<textarea id="message" name="message" required></textarea>

<button type="submit">Send</button>

</form>

const form = document.getElementById('contact-form');

form.addEventListener('submit', (event) => {

// prevent form from submitting

event.preventDefault();

// validate form fields

const name = document.getElementById('name').value.trim();

const email = document.getElementById('email').value.trim();

const subject = document.getElementById('subject').value.trim();

const message = document.getElementById('message').value.trim();

if (!name || !email || !subject || !message) {

alert('Please fill out all fields');

return;

}

if (!validateEmail(email)) {

alert('Please enter a valid email address');

return;

}

// submit the form

form.submit();

});

function validateEmail(email) {

const regex = /^[^\s@]+@[^\s@]+\.[^\s@]+$/;

return regex.test(email);

}

<?php

if ($\_SERVER['REQUEST\_METHOD'] === 'POST') {

$name = $\_POST['name'];

$email = $\_POST['email'];

$subject = $\_POST['subject'];

$message = $\_POST['message'];

// validate email address

if (!filter\_var($email, FILTER\_VALIDATE\_EMAIL)) {

header('HTTP/1.1 400 Bad Request', true, 400);

exit('Invalid email address');

}

// send email

$to = 'your-email@example.com';

$headers = "From: $name <$email>";

$message = "Subject: $subject\n\n$message";

if (!mail($to, $subject, $message, $headers)) {

header('HTTP/1.1 500 Internal Server Error', true, 500);

exit('Failed to send email');

}

// redirect to success page

header('Location: success.html');

exit;

}

?>