

implimentation guide

Sending Messages to Yourself in Microsoft Teams via Graph API

1. Register an Azure AD Application

- Navigate to **Azure Portal** > **Azure Active Directory** > **App registrations** > **New registration**.
- Set **Supported account types** to **Accounts in any organizational directory and personal Microsoft accounts**.
- Note the **Application (client) ID** and **Directory (tenant) ID**. ([YouTube](#))

2. Configure API Permissions

- In your app registration, go to **API permissions** > **Add a permission** > **Microsoft Graph** > **Application permissions**.
- Add the following permissions:
 - `Chat.ReadWrite`
 - `Chat.Create`
 - `User.Read.All`
- Click **Grant admin consent** for these permissions. ([Microsoft Learn](#))

3. Create a Client Secret

- Under your app registration, go to **Certificates & secrets** > **New client secret**.
- Add a description and set an expiry period.
- Click **Add** and note down the **Value** of the client secret immediately; it won't be shown again.

4. Obtain an Access Token

- Use the **OAuth 2.0 client credentials flow** to obtain an access token.

- Make a POST request to:

```
POST https://login.microsoftonline.com/{tenant-id}/oauth2/v2.0/token
Content-Type: application/x-www-form-urlencoded
```

```
client_id={client-id}
scope=https://graph.microsoft.com/.default
client_secret={client-secret}
grant_type=client_credentials
```

- Replace `{tenant-id}` , `{client-id}` , and `{client-secret}` with your actual values.
- The response will contain an `access_token` .

5. Get Your User ID

- Make a GET request to:

```
GET https://graph.microsoft.com/v1.0/me
Authorization: Bearer {access-token}
```

- Replace `{access-token}` with the token obtained in the previous step.
- The response will contain your user ID.

6. Create a Chat with Yourself

- Make a POST request to:

```
POST https://graph.microsoft.com/v1.0/chats
Authorization: Bearer {access-token}
Content-Type: application/json

{
  "chatType": "oneOnOne",
  "members": [
    {
      "user@odata.bind": "https://graph.microsoft.com/v1.0/users('{user-i
```

```
d}')"  
  }  
]  
}
```

- Replace `{access-token}` and `{user-id}` with your actual values.
- The response will contain a `chatId`.

7. Send a Message to the Chat

- Make a POST request to:

```
POST https://graph.microsoft.com/v1.0/chats/{chat-id}/messages  
Authorization: Bearer {access-token}  
Content-Type: application/json
```

```
{  
  "body": {  
    "content": "Hello! This is a message to myself."  
  }  
}
```

- Replace `{chat-id}` and `{access-token}` with your actual values.
- The response will confirm the message has been sent.



References

- [Microsoft Graph API: Send a message](#)
- [Working with Microsoft Teams messaging APIs in Microsoft Graph](#)