



The Silver Line

helpline for older people

0800 4 70 80 90

“It’s so comforting to know you can phone and talk to somebody.”

Zillah

Silver Line helpline caller

information · friendship · advice

The only national, free and confidential helpline for older people open every single day and night

0800 4 70 80 90

www.thesilverline.org.uk

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