

## The Silver Line

The Silver Line is a free, confidential, free helpline providing friendship for older people in the UK. Open 24 hours a day, every day of the year. Specially trained helpline staff offer:

- information, friendship and advice
- link callers to local groups and services
- regular befriending calls
- protection and support to those who are suffering abuse and neglect

Silverline is ran by [Age UK](#)

Last updated: July 30, 2024

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**Telephone:** 0800 4 70 80 90

**Telephone note:** Mobile charges may apply so if calling from a mobile dial 0300 4 70 80 90.

**Website:** [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

**Mobile:** 0300 4 70 80 90

**Email:** [info@thesilverline.org.uk](mailto:info@thesilverline.org.uk)

**Twitter:** <https://twitter.com/TheSilverLineUK>

**Facebook:** <https://www.facebook.com/thesilverlineuk>

**Opening Hours:** 24 hours a day 7 days a week

**Cost:** Free

**Address:**

The Silverline  
Age UK, 7th Floor,  
One America Square  
17 Crosswall, London  
EC3N 2LB

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