

Everyday phone line
for Young & Old

Chat in English
Mon/Thu 8–9pm

Hello!

free

sure

**I'm glad
you're
calling**

anonymous

yes

confidential

**happy
to
hear**

**and
then?**

Thanks!



My ear for you
– just talk!

0800 500 400



***A project with
meaning, heart &
vision***

100% volunteer work

The first everyday phone line in Switzerland

Hotline for young and older people

We provide friendship, conversation and support. Our trained volunteers connect with you as human being and offer help for self-help.

Tandem-Offer (only in German)

We provide you with a permanent volunteer who calls you regularly.

Chat in English

My ear for you – just talk!

free of charge, anonymous, confidential

www.meinohrfuerdich.ch

reden@meinohrfuerdich.ch

The non-profit organization is financed exclusively by donation.
Your support makes all the difference! Thanks.

IBAN CH58 0077 0254 7672 0200 1 or Twint (QR-Code)



**My ear for you
– just talk!**

