To hide your number for an individual call
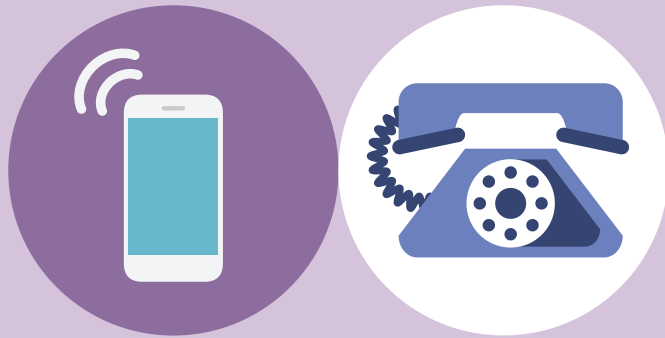
enter 141 before the number you are calling.

If you want to hide your number for an international call

enter 00 instead of + before the number you're calling.