



Living with tinnitus

Helpline
Text/SMS
Web
Email

0800 018 0527
07531 416841
tinnitus.org.uk
helpline@tinnitus.org.uk

What is tinnitus?

"Tinnitus is the perception of noises in the ears or head which have no external source.

You may experience tinnitus as a high or low-pitched noise, constant or temporary, loud or quiet. It might sound like ringing, buzzing, whooshing or many other things. Your experience is unique to you!

The noise is real, and there are loads of things you can try to help soothe, soften or distract from your tinnitus.

Tinnitus UK is your charity – we're here to support you every step of the way on your journey to find peace."

Alex Brooks-Johnson
CEO



Who gets tinnitus?

Anyone can get tinnitus, regardless of age!

Tinnitus is especially common after you've been exposed to loud noises.



It does get better

Studies have shown that over time, in most cases, tinnitus disappears completely or the noises reduce to a manageable level as the brain loses interest and stops listening for the signal. This is called habituation. The time this takes varies from person to person – but it does happen!

“

**With Tinnitus UK's help,
I've found peace –
and that's what we
all want!**

”

Ian, from Stockport



What causes tinnitus?

Research is happening right now to help us understand what causes tinnitus. We know tinnitus can be associated with:



Hearing loss

You have delicate cells in your inner ear called “hair cells” which can wear down over time, causing hearing loss. This makes tinnitus more noticeable as it is not “covered up” by external sound.



Stress and anxiety

People often experience tinnitus during or after a particularly stressful time in their lives. Tinnitus itself can also be stressful, so looking after your mental health is really important when it comes to successfully managing your tinnitus.



Ear Infections

Middle ear infections can cause hearing loss and tinnitus. Symptoms will normally be temporary, but it is important to have the underlying infection treated by a GP.



Exposure to loud noise

Hair cells can also be damaged by exposure to loud noise, which is why it’s really important to protect your hearing! Even if you already have tinnitus, wearing appropriate hearing protection in noisy environments like concerts, sporting events or work is crucial to preventing further damage.

Find your silence

Tinnitus is rarely an indication of a serious disorder, but it is wise to see a healthcare professional. A GP should refer you to specialist Ear, Nose and Throat (ENT) and Audiology services if required, or you may choose to visit a private audiologist.

Whoever you choose to see, they will take your medical history, perform a clinical examination and arrange for any tests, such as hearing tests. They can then refer you to appropriate healthcare services to help you manage your tinnitus.

While you wait for your next appointment, Tinnitus UK is here to help. Call our friendly team and learn useful tips for self-care via our website.



Here are several things you can try to help manage your tinnitus:

Information

Learning more about your tinnitus from trustworthy sources can make you feel better. Our website is packed with useful, easy-to-use resources to help you get started!

Correcting any hearing loss

Most people with tinnitus have hearing loss, even if it's very minor! Correcting this loss with hearing aids is often very helpful.

Counselling

Techniques such as Cognitive Behavioural Therapy (CBT) delivered by a qualified counsellor can be helpful, especially when combined with other strategies in this list.

Sound therapy

If your tinnitus seems louder at quiet times, such as when you're trying to sleep, many people find it helpful to try soft music, the radio, natural sounds or white noise. You can use an app, CD, sound generator or even turn on a fan – experiment and find what works for you!

Relaxation

Learning to relax and manage stress is one of the most powerful things you can do to help deal with tinnitus. Those who practice relaxation techniques say it reduces the loudness of their tinnitus and helps them learn to live with it.

Mindfulness

Mindfulness is a form of meditation that is all about learning to pay attention to our experience in a specific way. It has been proven to make tinnitus less intrusive, to a point where it is no longer a problem for people.

How can we help?

Tinnitus UK is your charity – the national charity for people with tinnitus.

Our vision is a world without tinnitus. While we work hard to make that happen, you can rely on us to make your tinnitus journey easier.

You can come to us for free, impartial information, advice and guidance on all aspects of tinnitus.

We also support researchers and healthcare workers, making sure that you get the very best care now and in the future.

Support available:

- Helpline
- Web chat
- Email support
- Website
- Information leaflets
- SMS chat
- Online learning
- Tinnitus support groups
- Online workshops
- Webinars

Read on to find the right ones for you!

“

I can't thank you enough for being there, I was ready to give up.

”

Christy, from Devon

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Webchat	tinnitus.org.uk

Monday to Friday, 10am–4pm excluding bank holidays

Your tinnitus support team

More than 10,000 people with tinnitus speak to us every year, and you can reach out too.

Our Tinnitus Support Team can give you clear information about tinnitus, signpost you to local support services, and offer you empathy, understanding and hope.

Our team of experienced and trusted advisers talk to people with tinnitus year round.

No question is too big or small.

Please note although we have an in-depth knowledge of tinnitus, we are not qualified, to give medical advice.



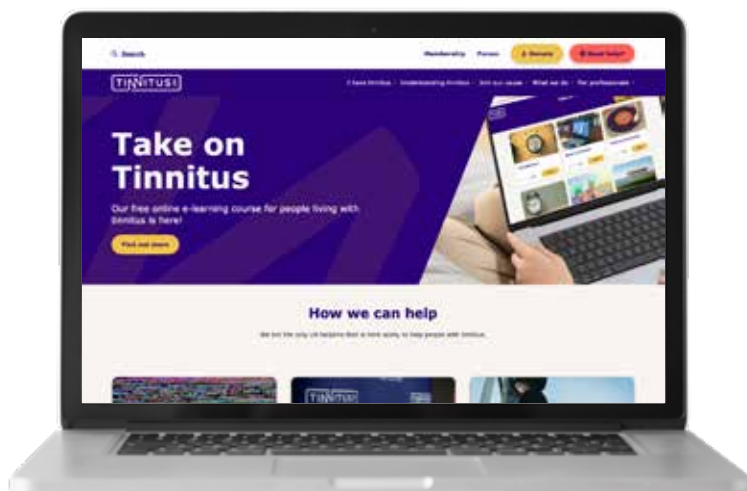
A website you can trust

Tinnitus.org.uk is the most comprehensive source of tinnitus information on the internet.

From the basics of tinnitus all the way to the latest research, you can get the information you need, when you need it.

Read about the latest guidance and tinnitus treatments, or learn about national events and local support groups close to you.

Our website works on smartphones, laptops and tablets, so reliable, up-to-date information is always at your fingertips!



Over

500,000

people visit **tinnitus.org.uk**
every year



Information when you need it

Access a library of leaflets, posters, webinars and online learning, all free!

Find trustworthy information on important tinnitus topics, such as sleep, self-care, pregnancy and hearing protection.

Our leaflets are written by experts and rigorously checked and assessed to make sure that our information is clear, accurate and up-to-date.



Our Tinnitus Support Team can give you details of the range, or they can be downloaded from our website

tinnitus.org.uk/leaflets



Online training: Take on Tinnitus

Take on Tinnitus is our free tinnitus e-learning programme, available at tinnitus.org.uk/takeontinnitus. You can learn all about your own tinnitus, from causes to practical tips on managing it. Sign up today and start to take back control.

Developed with tinnitus experts and e-learning specialists, **Take on Tinnitus** covers loads of useful topics, including:

- The fundamentals of tinnitus
- Hearing and tinnitus
- Benefits of using sound
- Tinnitus and relaxation
- Sleep and tinnitus
- The benefits of talking about it
- Living your life with tinnitus

Each module takes just 10 to 15 minutes to complete and includes a range of interactive exercises, video clips and self-led tests.



“

I really love the Take on Tinnitus website, it's a brilliant resource.

”

Mo, from West London

Additional support

Forum

Our online forum is available 24 hours a day, seven days a week to enable you to talk to others with tinnitus.

Forum members understand what you are going through and can help support you through the bad times – and will celebrate with you on the good days!

Visit healthunlocked.com/tinnitus-uk

Support Groups

There are dozens of support groups all across the country. We also offer free online tinnitus support groups.

To find one for you, visit our website:
tinnitus.org.uk/support-groups

Many people find that the personal contact and sharing experiences with others living with tinnitus very useful.



Events and webinars

Our tinnitus information events aim to reduce stress, confusion and isolation, improve wellbeing and enable you to cope with your tinnitus better.

We offer events in different formats, including online workshops and webinars. They are led by tinnitus experts, and cover topics such as tinnitus management, mindfulness and helping you prepare for your appointment.

For details of our future events, see tinnitus.org.uk/events



Membership

**Tinnitus can be isolating, but you don't have to face it alone!
Become a member today and join a community that cares.**

If you want the latest tinnitus information, invitations to exclusive events, discounts on hearing-related products and loads more, you should sign up as a Tinnitus UK member.



**Being a member means you
know you aren't on your own...
there's someone out there who cares.**



David, Tinnitus UK Member

Here's some of the benefits you can enjoy:

- A membership pack, card and badge to welcome you to Tinnitus UK!
- Join live webinars and ask your questions.
- Receive a copy of our annual members' magazine.
- Have your say at our AGM.
- The latest tinnitus news and updates in monthly e-newsletters.
- A free pair of filtered earplugs to protect your ears, or those of a loved one.

To become a member today, you can

Visit tinnitus.org.uk/membership

Email info@tinnitus.org.uk

Call 0114 250 9933

Help change a life!

You can always rely on Tinnitus UK for the support you need – and we rely on you too!

Last year, we helped over 500,000 people living with tinnitus, and this year we want to help even more. You can make that happen by donating today.

You could help train more volunteers, make a noise about hearing protection, or fund vital research. Your gift will make a huge difference!

Please donate today at tinnitus.org.uk/donate or by calling **0114 250 9933**.

“

Tinnitus UK gave me hope and saved my life – so now I help save others.

”

John, supporter and volunteer





Your donations make our work possible!

- Ensuring people with tinnitus have access to high quality support
- Working with researchers to find cures and better treatments
- Providing independent, trustworthy information, advice, guidance and training
- Giving people with tinnitus a voice in decisions that affect them
- Influencing policymakers and industry leaders to make sure they prioritise tinnitus
- Raising awareness of tinnitus and helping people avoid preventable tinnitus

To keep this fight going, we need your support today.

Please donate today at tinnitus.org.uk/donate or by calling **0114 250 9933**. Thank you.



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Woodseats Close,
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Get help now



Registered with
**FUNDRAISING
REGULATOR**

Version 6.0 issued April 2025.
To be reviewed April 2028. © Tinnitus UK

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