

Veteran Welfare Group Factsheet

Tinnitus is a common condition among active service members and veterans, often caused by exposure to loud noises during military service. It can significantly affect mental health, sleep, and concentration.

Veteran-Specific Tinnitus Risks

Veterans are at a significantly higher risk of developing tinnitus compared to the general population. Key risk factors include:

Exposure to gunfire, aircraft engines and explosions	Lack of adequate ear protection
Head injuries or blast trauma	Stress and PTSD, which can worsen with symptoms
Delayed diagnosis	Missed routine checks

Tinnitus Symptoms & Referring Veterans Get Support

Common symptoms of tinnitus include ringing, buzzing, or hissing sounds, especially in quiet environments. These can affect sleep, concentration, and emotional wellbeing, and may be especially challenging for those with PTSD or hearing loss. Timely referral is essential to help prevent complications such as anxiety or depression.

It's important to seek support for tinnitus. While there is no cure, symptoms can be effectively managed. At the Veterans Welfare Group, we can help refer you, or a loved one, to audiology services or local ENT and hearing therapy providers.

Through lived experience with their in-house veterans, Veterans Welfare Group can support with include:

Questions around the medical discharge process	Continued rehabilitation, physical and wellbeing
Resettlement	Financial and legal guidance

Support from Veterans with Lived Experience: enquiries@veteranswelfaregroup.co.uk