

Tinnitus

Tinnitus is a noise you may hear in one or both ears, or in your head, when there isn't external noise around you. It's commonly described as a ringing, buzzing, whistling, cracking, humming or rushing sound.

Tinnitus itself is not a disease, but it can start suddenly or develop gradually over time. You may notice it more when you're in a quiet room, trying to sleep or you're under stress.

You can find more support from the following charities and programmes.

Action on Hearing Loss

Treatment advice and contact helpline from hearing loss charity.

Web actiononhearingloss.org.uk

Call 0808 808 6666 (freephone) Mon-Fri 9-5pm

All Call Signs

A peer-to-peer communication app for veterans and serving military personnel. Their chat service is manned by volunteers who have served in The Forces and understand the stresses and struggles that come with daily life in and out of uniform. Visit their website and click the 'chat now' button

Web allcallsigns.org

danalogic Relief mobile app

The Relief app can help you manage your symptoms of tinnitus.

Web danalogic.co.uk/apps/relief-app

SLEEPIO

SLEEPIO can help if you're having difficulties sleeping.

Web sleepio.com/work/nhs

The British Tinnitus Association (BTA)

Find support and advice from BTA about the causes of tinnitus and how to manage your symptoms.

Web tinnitus.org.uk/all-about-tinnitus

Web tinnitus.org.uk/mobile-apps-for-management-of-tinnitus

Call 0800 018 0527 (freephone) Mon-Fri, 9am-5pm

Contact us

If you have any more questions about your hearing, you can contact our team.

You can also find more information about tinnitus, including symptoms and treatment, on the NHS website.

Web nhs.uk/conditions/tinnitus

How to contact us

**If you need to contact us
or require further information...**

Call: 0300 365 6222

Email: hearingandbalance@berkshire.nhs.uk

www.berkshirehealthcare.nhs.uk

