


TINNITUS SUPPORT SERVICE

If you have tinnitus that is starting to affect your day to day life, we can help. Our Tinnitus Support service provides:

- confidential, one-to-one support
- information on tinnitus causes
- tips for dealing with stress and anxiety related to tinnitus
- tinnitus management strategies
- tinnitus management courses and awareness events

Our Tinnitus Support service is available across Northern Ireland. Our courses are currently being delivered online. Please get in touch for more information.

**RN
I:D**

 **Health and Social
Care Board**

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