You may wish to find out more about tinnitus, or the support available to you. Below are some useful organisations for you to contact:

**The British Tinnitus Association**  
www.tinnitus.org.uk  
Ground Floor, Unit 5, Acorn Business Park, Woodseats Close, Sheffield, S8 0TB  
0800 018 0527 free of charge  
0845 4500 321 local rate

**The RNID**  
www.rnid.org.uk  
19-23 Featherstone Street, London  
EC1Y 8SL  
Tinnitus help line:  
Telephone: 0808 808 6666 (freephone)  
Textphone: 0808 808 0007 (freephone)

**The Birmingham and District Tinnitus Support Group**  
www.tinnitusbham.org.uk  
The Birmingham & District Tinnitus Group  
c/o Deaf Cultural Centre, Ladywood Road,  
Birmingham, B16 8SZ

For more information, please contact:

**Hearing Therapy**  
ENT & Hearing Centre  
Heartlands Hospital  
Bordesley Green East  
Birmingham  
B9 5SS  
**Tel:** 0121 424 3154  
**Fax:** 0121 424 3069  
**Minicom:** 0121 424 3071  
**E-mail:** hearing.centre@heartofengland.nhs.uk  
www.heartlandshearingcentre.co.uk
If you would like to be seen about your tinnitus, you must have been seen by an ENT consultant first. Ask your consultant to send us a referral letter. If you have not yet seen a consultant, ask your GP to refer you to the ENT department.

Once we have received a referral from ENT, we can offer you an appointment at Heartlands Hospital or Good Hope Hospital.

This leaflet explains what we can offer you at the Tinnitus Clinic and what you can expect during your appointment.

At the Tinnitus Clinic, we can offer you:
- Assessment of your tinnitus
- Information and advice
- Coping techniques
- A treatment plan to help you manage your tinnitus more effectively
- Ongoing support

What will happen during my tinnitus appointment?

When you arrive a member of staff will carry out tests which may include:

1. A hearing test
2. Pitch match testing (where we try to find out the pitch of your tinnitus)

These tests take approximately 30 minutes.

After these tests you will see a Hearing Therapist who will:

1. Ask you some questions about your tinnitus and how it is affecting you
2. Explain how the ear works
3. Explain what tinnitus is
4. Explain how this can relate to stress
5. Briefly discuss management options
6. Arrange a review to begin a treatment plan for you

How can a Hearing Therapist help me manage my tinnitus?

The Hearing Therapist will work with you to establish a treatment plan to suit you. Treatment options offered to you may include:

1. The use of sound enrichment
2. Coping techniques
3. Distraction techniques
4. A six week relaxation course
5. One-to-one relaxation
6. Fitting a hearing aid, if appropriate
7. The use of white noise generators
8. Communication strategies
9. Managing sleep problems
10. Ongoing support