

# Fact sheet

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## Tinnitus

### What is Tinnitus?

Tinnitus is a perception of noises in the head and/or ears which has no external source. Symptoms range from very mild to persistent and can be extremely distressing.

There are several helpful sources of support available both locally and nationally.

### Audiology

NHS Shropshire Audiology offers a range of support services for people with Tinnitus. If you are concerned about Tinnitus then the first step is to arrange an appointment with your GP.

Your GP may arrange for you to see an Ear, Nose & Throat Consultant and/or an Audiologist who may be able to help you manage the Tinnitus more effectively.

### British Tinnitus Association

A UK charity with a wide range of excellent resources and information.

Helpline - Freephone: 0800 018 0527

Text/SMS: 07537 416841

Email: [helpline@tinnitus.org.uk](mailto:helpline@tinnitus.org.uk)

Website: [www.tinnitus.org.uk](http://www.tinnitus.org.uk)

Also see their information regarding tinnitus apps:

<https://www.tinnitus.org.uk/mobile-apps-for-the-management-of-tinnitus>