### Options for tinnitus care

#### Understanding tinnitus
- **Will this option mean I hear my tinnitus less or cure it?**
  - Understanding tinnitus may not make it go away, but getting a better grasp of tinnitus can mean that you notice it less.

#### Talking therapies
- **What does this do to tinnitus?**
  - Tinnitus is often made worse by higher levels of stress, and talking therapies can help by reducing stress.
  - Talking therapies have been shown to reduce stress caused by tinnitus.
  - People who have talking therapy for tinnitus can find that they notice it less.

#### Using sound
- **How does this approach help tinnitus?**
  - Making sense of the causes of tinnitus and what keeps people noticing it, can help people cope with tinnitus.
  - Most people find discussing tinnitus information with an Audiologist or Hearing Therapist is helpful.

#### Group support
- **How do I access this option?**
  - You can get tailored advice from your Audiologist. Your GP can refer you.
  - The British Tinnitus Association produce clear information on all aspects of tinnitus.

- **Can I choose more than one option?**
  - Yes

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