

Use this decision aid to help you and your healthcare professional(s) talk about evidence based tinnitus care options. If you have a hearing loss as well, see the Hearing loss: hearing technology options Option Grid [www.optiongrid.org](http://www.optiongrid.org)

Frequently asked questions	Options for tinnitus care			
	Understanding tinnitus	Talking therapies	Using sound	Group support
<b>Will this option mean I hear my tinnitus less or cure it?</b>	Understanding tinnitus may not make it go away, but getting a better grasp of tinnitus can mean that you notice it less.	Following talking therapy, some people don't hear tinnitus as much.  Whilst some people may find that they hear it just as much, others often describe their tinnitus as becoming less bothersome.	Some people find playing sound through various devices helps them hear the tinnitus less.  Sound is unlikely to make your tinnitus go away completely. If you have hearing loss and tinnitus some people find hearing aids can help reduce awareness - see the Hearing loss: hearing technology options Option Grid.	This probably won't mean that you hear your tinnitus less, but sharing experiences can be supportive, especially in helping you to understand tinnitus and feel less alone.  This may mean that you notice tinnitus less.
<b>What does this do to tinnitus?</b>	Tinnitus is often made worse by worrying about what it is and what it means.  Understanding tinnitus and what influences it can help you manage tinnitus better.	Tinnitus is often made worse by higher levels of stress, and talking therapies can help by reducing stress.  Talking therapies also focus on changing how you respond to tinnitus. You learn to change how you think and act and how much attention you give to it.	Tinnitus is influenced by other sounds around you.  By listening to external sounds, you're likely to hear your tinnitus less.  It can be helpful to focus your attention onto another sound.	Groups can help people find support from others.  People swap ideas about what helps them with their tinnitus.
<b>How does this approach help tinnitus?</b>	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.	Talking therapies have been shown to reduce distress caused by tinnitus.  People who have talking therapy for tinnitus can find that they notice it less.	Some people find it helpful to put a radio on in the background when they come into a quiet setting.  Others may use relaxing sounds to help get to sleep at night.  Various devices and apps are available for this.	Many people find it helpful to meet others who are in the same position.  Groups provide information and support.  Groups are unlikely to make tinnitus go away but understanding that you are not alone might help.
<b>How do I access this option?</b>	You can get tailored advice from your Hearing Therapist or Audiologist. Your GP can refer you to these services.  The British Tinnitus Association produce clear information on all aspects of tinnitus.	There are different types of talking therapies.  You can access this type of help from a psychologist, therapist or even online.  Talk to your GP about referral.	An Audiologist or Hearing Therapist can advise on this.  Your GP can arrange a referral.	The British Tinnitus Association have information on tinnitus groups in the UK.  Alternatively your local audiology service may be able to guide you to a group.
<b>Can I choose more than one option?</b>	Yes	Yes	Yes	Yes