Our Tinnitus Support Service provides expert and confidential advice to help people effectively manage their tinnitus.

1 in 10 people have tinnitus, the experience of hearing noise in the head or ears when no external sound is present.

We provide:

- Information about the causes of tinnitus and techniques to help manage it
- Demonstration of equipment that can help
- Confidential one-to-one support
- Tinnitus awareness events
- Tinnitus management courses
- Signposting to other services provided by local Health & Social Care Trusts

This service is funded by the Health & Social Care Board.

"This is a very caring, supportive and essential service - knowing someone else knows the difficulties, and can offer help and information, is vital."
“Without the support of Action on Hearing Loss... I can honestly say I would not have been able to continue coping with my tinnitus and, indeed, see [the staff] and the service as saving my life.”

Various equipment can provide relief for tinnitus including light and sound therapies.

Get in touch

For more information about the Northern Ireland Tinnitus Support Service, please contact:

Belfast Office

📞 07939 169113
📞 028 9023 9619

Derry/Londonderry Office

📞 07951 709923

✉️ information.nireland@hearingloss.org.uk
📍 Harvester House, 4-8 Adelaide Street, Belfast BT2 8GA
Action on Hearing Loss (formerly RNID) is the largest UK charity helping people who are confronting deafness, tinnitus and hearing loss.

We give support and care, develop technology and treatments, and campaign for equality. We rely on donations to continue our vital work.

To find out more, visit actiononhearingloss.org.uk

Questions about deafness, tinnitus or hearing loss?

**Contact our free, confidential Information Line**

Telephone 028 9023 9619
Textphone 028 9024 9462
Email information.nireland@hearingloss.org.uk