

Tinnitus information and support

British Tinnitus Association (BTA) information and advice

[British Tinnitus Association](#)

BTA “Take on tinnitus” modules

[Tinnitus remedies and relief: take on tinnitus](#)

Headspace app – relaxation, breathing techniques and bedtime stories

[Guided Meditation and Mindfulness - The Headspace App](#)

Pillow speaker – connevans.co.uk

[Small sound pillow & pillow case | Connevans](#)

Relaxation – painting, walking, knitting, adult colouring, sport

[Breathing exercises for stress - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Sound therapy – music, radio, white noise.

[Sound therapy and tinnitus \(sound enrichment\)](#)

Free apps on smart phones for tinnitus – sounds include white noise, seaside, wind, crackling fire

[The Best Apps for Tinnitus | Curated by an Audiologist \(tinnitusapps.com\)](http://tinnitusapps.com)

Tinnitus and children

[Tinnitus in children | British Tinnitus Association](#)