

BIAP Information 29/4:

Tinnitus - First steps for those affected and where to find help

First Steps

There can be several reasons for your Tinnitus. So, we advise - if you haven't already done - to consult a doctor. A medical advice could change your way to getting better. There are ways to find appropriate help for your individual situation.

By looking into the following overview, we hope that you are able to find the best support in your country.

Country	Tinnitus association website
Europe	https://eutinnet.org/en/
Australia	www.healthdirect.gov.au/tinnitus
Austria	www.oetl.at
Belgium	www.belgiqueacouphenes.be
Denmark	https://hoeforeningen.dk/viden-om/tinnitus/
Finland	https://tinnitusyhdistys.fi/
France	www.france-acouphenes.fr
Germany	www.tinnitus-liga.de
Hungary	www.tinnitus.hu/
Iceland	www.heyarnarhjalp.is
Ireland	www.chime.ie/services/category/tinnitus
Italy	https://digilander.libero.it/ait.onlus/
Nepal	www.nahoh.org.np
Netherlands	www.tinnitushub.com
Netherlands	www.stichtinghoormij.nl
New Zealand	www.nfdhh.org.nz
New Zealand	https://entgroup.co.nz/patient-resources/patient-information/ear/tinnitus
Norway	www.hlf.no
Poland	www.pfos.org.pl
Scotland	www.nhsinform.scot/illnesses-and-conditions/ears-nose-and-throat/tinnitus
Slovenia	www.zveza-gns.si

South Africa	http://disabilityinfossa.co.za/hearing-impairments/types-hearing-impairments/tinnitus
Spain	www.acufenos.org
Sweden	www.hrf.se
Switzerland	www.tinnitus-liga.ch
United Kingdom	www.tinnitus.org.uk
United Kingdom	www.tinnitushub.com
USA	www.ata.org
Vietnam	www.ced.org.vn

About this Information

The links listed in this overview were last checked on 23/11/2024.

Your support for this information is still very helpful and appreciated! Please send information about incorrect links or new websites on the subject of tinnitus by e-mail to [biap\(at\)gmx.de](mailto:biap(at)gmx.de).

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Keywords: Tinnitus, Tinnitus affected, Tinnitus association, Tinnitus self-help organizations, Tinnitus self-help groups, Tinnitus counselling, Tinnitus information