

Patient information factsheet

Hearing therapy: useful resources

General hearing loss resources

Connevans Deaf Equipment:

www.deafequipment.co.uk

Information about equipment.

Hearing Link:

www.hearinglink.org

Information about coming to terms with hearing loss, lip reading and badges.

Musicians' Hearing Health Scheme:

www.musicianshearingservices.co.uk/musicians-union/musicans-hearing-health-scheme/

Information for musicians with hearing loss.

National Association of Deafened People:

www.nadp.org.uk/what-we-do/publications

Information about communication tactics.

Patient:

www.patient.co.uk

Information about ear conditions, otosclerosis and physiology of the ear.

Royal National Institute for Deaf People:

www.rnid.org.uk (Action on Hearing Loss)

Information about access to work, benefits, communication, deaf awareness, ears, ear problems, equipment, finger spelling, hearing aids, lip reading and tinnitus products.

Lip reading resources

Association of Teachers of Lipreading to Adults:

www.atlalipreading.org.uk

Information about lip reading classes.

Lip Reading Practice:

www.lipreadingpractice.co.uk

Lip reading practice exercises.

Auditory processing disorder resources

APD Support UK:

www.apdsupportuk.yolasite.com

Information about auditory processing disorder.

NHS:

www.nhs.uk/conditions/auditory-processing-disorder

Information about auditory processing disorder.

Hyperacusis resources

The Hyperacusis Network:

www.hyperacusis.net

Information about hyperacusis.

NHS:

www.nhs.uk/conditions/hyperacusis

Information about hyperacusis.

Ménière's disease resources

Ménière's Society:

www.menieres.org.uk

Information about Ménière's disease.

Tinnitus resources

Tinnitus UK:

www.takeontinnitus.co.uk

www.tinnitus.org.uk

Information about complementary therapies, managing tinnitus, musical hallucinations, pulsatile tinnitus, relaxation, mindfulness, self help, sleep hygiene, sound therapy, tinnitus and music.

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Puretone:

www.puretone.net/tinnitus

Information about tinnitus products such as white noise generators, sound generators and pillow speakers.

Southampton Tinnitus Support Group:

Email: southampton.tinnitus@gmail.com

General support and wellbeing resources

Age UK:

www.ageuk.org.uk

Information about benefits, general advice and support services.

Beating the Blues:

www.beatingtheblues.co.uk

Online cognitive behavioural therapy (CBT) courses.

HelpGuide:

www.helpguide.org/home-pages/stress-management.htm

Relaxation techniques.

Get Self Help:

www.getselfhelp.co.uk

Information about cognitive behaviour therapy, acceptance and commitment therapy, and mindfulness.

Mindful:

www.mindful.org

Information about mindfulness.

Mindfulness Hampshire:

www.mindfulnesshampshire.co.uk

Local mindfulness courses and events.

The Free Mindfulness Project:

www.freemindfulness.org

Free mindfulness exercises.

University of the Third Age (u3a):

www.u3a.org.uk

Courses, activities and events for people of retirement age.

Apps

Available on the App Store or Google Play Store:

- **Headspace:** relaxation and mindfulness
- **Moodpath:** mood and depression tracker
- **Pacifica:** mood, anxiety and stress tracker
- **Phonak Tinnitus Balance:** sound therapy
- **Pillow:** sleep tracking
- **Rain Rain:** sound therapy
- **ReSound Relief:** sound therapy
- **Sleep Pillow:** sleep and sound therapy
- **Soundscapes :** sound therapy
- **Starkey Relax :** sound therapy
- **Stresscheck:** stress management and relaxation
- **Tinnitus Aid:** sound therapy
- **Whist:** sound therapy

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