

Tinnitus Hyperacusis Suicide

Helplines & Lifelines

If you're struggling with distress and thinking of hurting yourself, you are not alone. There are millions of people around the world trying their best to cope with tinnitus and hyperacusis. Social media is a good way to connect without having to leave your home.

There are helpful websites, twitter feeds and private Facebook groups whether you want people to "chat" with who know what it's like to have hyper ears, are interested in sharing or getting coping ideas, or want to see what's current in tinnitus-hyperacusis science. Also try #tinnitus and #hyperacusis

[Tinnitus Talk Support Forum \(Includes hyperacusis support\)](#)

[The Hyperacusis Network](#)

[BTA 2017 Tinnitus Research Review pdf](#)

Something can be done. There is no cure. Yet. Despite cure \$ale\$. But people can still learn to cope better, sleep better, and have a better quality of life. Tinnitus associations are a good start for finding tinnitus and hyperacusis news and coping info in different languages. These are just a few in

the world:

[American Tinnitus Association](#)

[British Tinnitus Association](#)

[Acouphenes Quebec](#)

[Acufenos Association](#)

[France Acouphènes](#)

[Deutsche Tinnitus-Liga e.V.](#)

If you're feeling emotional distress or despair and need crisis support, there are websites, live chat, and helplines or lifelines to call or text.

Please do not call the following emergency helplines or lifelines unless you're having a mental health crisis.

Emergency lifelines in different countries include:

British Tinnitus Association

www.tinnitus.org.uk

Helpline Telephone: 0800 018 0527

Action on Hearing Loss

www.actiononhearingloss.org.uk

Helpline Telephone: **0808 808 6666**

Helpline Textphone: **0808 808 9000**

Email: tinnitushelpline@hearingloss.org.uk

American Tinnitus Association

www.ata.org

Help Network Listing: People can talk to or email volunteers with T and DST for support, guidance and resources.

Tinnitus Advisors: in 2018, ATA is launching a Tinnitus Advisors program. Distressed callers will be able to speak to an audiologist who can answer T-DST questions and help them find local care providers.

Australia www.lifeline.org.au or contact 13 11 14

Canada National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

Or Text Telephone: 1-800-799-4889

Association Québécoise de Prévention du Suicide (French): 1-866-APPELLE

Kids Help Phone: 1-800-668-6868 or Live Chat counselling at www.kidshelpphone.ca

UK: contact 116 123

USA National Suicide Prevention Lifeline:

1-800-273-TALK (8255)

Crisis Text Line 741741

Wikipedia has a [List of Suicide Crisis Lines by country](#). Depending on the country, this list includes specific lines for kids, youth, military, and LBGTQ community.

Suicide is not the answer. Please don't do it. You're not alone. Something can be done. Reach out for help and a lifeline to get you through this.