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## What can I do to help if a member of my family or a friend is suffering with tinnitus?



### Tinnitus can be tough – both for the victim and their family and friends

Tinnitus affects thousands of people across the UK every day. But what can you do to help a loved one if you believe they are suffering with tinnitus or noise-induced hearing loss?

Firstly, have you noticed any of the following changes?

- In a conversation, your friend or family member finds it hard to follow what is being said. This may be worsened when they are talking with a group of people or when you are speaking with background noise
- They avoid social situations, when they used to enjoy going out
- Their television or radio is turned up very loud
- They frequently mishear what is being said, ask you to repeat what you said, give the wrong answer to your questions or don't join in with conversations very much at all.



### What can I do to help?

If you pick up on any of these signs of tinnitus or hearing loss you may want to advise your friend or family member to have their hearing checked. This can be carried out by your local GP, or alternatively they may prefer to take an online hearing test with more privacy. Action on Hearing Loss offer a free online hearing check on their website: [www.actiononhearingloss.org.uk](http://www.actiononhearingloss.org.uk).

If the test reveals that your loved one is suffering with their hearing, they may need some additional support. Suggest they look into the options available to enhance their hearing, such as a hearing aid. The NHS estimates that there are currently 4 million people with hearing loss in the UK that could benefit from wearing a hearing aid, but don't currently wear one.

### The Legal Options

Sometimes, it's difficult to pinpoint a time when a loved one began to struggle with their hearing. We help victims who were exposed to high noise levels in the workplace without protection. If you'd like to make an enquiry, please visit [www.ringing-inears.co.uk](http://www.ringing-inears.co.uk).