

# TINNITUS SUPPORT GROUP

## WHY JOIN US?

The Tinnitus Support Group meets up regularly throughout the year. Please contact our office to find out when the next meeting is on. Benefits of joining:

- It's a great opportunity to meet other people who suffer with tinnitus
- Participate in relaxation sessions
- Peer support
- Learn about tinnitus equipment

**The Cork Deaf Association** works hard to promote the rights of Deaf and Hard of Hearing people in Cork city and county. We aim to see full and equal participation of Deaf and Hard of Hearing people in all aspects of society. Services include Deaf awareness talks, sign language classes, adjustment to hearing loss programmes, assistive technology and social work supports.

Cork Deaf Association  
5 MacCurtain Street  
Cork

**Tel:** 021 4505944

**Fax:** 021 4506190

**Email:** [mail@corkdeaf.ie](mailto:mail@corkdeaf.ie)  
[www.corkdeaf.ie](http://www.corkdeaf.ie)

**Facebook:**

[www.facebook.com/corkdeaf](http://www.facebook.com/corkdeaf)

## Profile Series

### Tinnitus Service

Find out how we can help and support you

**CORK DEAF ASSOCIATION**



# HOW CAN WE HELP YOU?

# GP REFERRAL SERVICE

# EQUIPMENT

## SERVICES AVAILABLE

## HOW CAN I APPLY?

## WHAT IS AVAILABLE?

Tinnitus Clinic  
Tinnitus Support Group  
One-to-One Tinnitus Support  
Information  
Sound Generators  
Tinnitus Pillows

This FREE service is available to anyone suffering from tinnitus. It is for a referral to a *tinnitus clinic* which takes place in the Cork Deaf Association (CDA). You will meet an audiologist and tinnitus support worker who will try to offer suggestions on how best to cope with your tinnitus. You can pick up an application form from CDA and bring it to your own GP who must fill out the form on your behalf. Return the completed form to the Cork Deaf Association and an appointment for the tinnitus clinic will be arranged.

There are a number of sound generators available to buy from the Cork Deaf Association. These machines emit various sounds such as birdsong, white noise, water, rainforest etc; your chosen sound should be played at a slightly lower level than your tinnitus sound so that your brain can start to make a positive association between your tinnitus sound and the pleasant sound. Your tinnitus may decrease in volume as a result. Tinnitus pillows and sound CD's are also available to buy.