SELF-HELP FOR TINNITUS

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Alternative formats

This publication is available in standard print on request.

For further information

Our helpline staff can answer your questions on any tinnitus related topics on 0800 018 0527 (Monday-Friday, 9am-5pm). You may also find our website www.tinnitus.org.uk helpful. We also offer a free tinnitus management e-learning programme at www.takeontinnitus.co.uk.

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