Most people spontaneously habituate to tinnitus but some need help progressing towards habituation. There is no known cure for tinnitus, but there are effective strategies for managing the symptoms of chronic tinnitus. Tinnitus management strategies include: Sound enrichment, Sleep management strategies, Distraction techniques, Tinnitus Retraining Therapy and CBT.

There is a huge amount of information and resources about tinnitus. Below is a list of evidence-based and reputable sources of information.

**Associations and Organisations**

Tinnitus Australia  
<https://www.tinnitusaustralia.org.au/>

Tinnitus UK  
<https://tinnitus.org.uk/>

Tinnitus Association Victoria  
<https://tinnitus.org.au/>

American Tinnitus Association  
<https://www.ata.org/>

Hashir International  
<https://hashirtinnitusclinic.com/>

Hearing Health Foundation  
<https://hearinghealthfoundation.org/tinnitus-resources>

ASHA  
<https://www.asha.org/public/hearing/tinnitus/>

**Self-guided management and tools**

Take on Tinnitus  
<https://www.takeontinnitus.co.uk/#home>

Tinnitus First Aid Kit  
<http://www.tinnituskit.com/>

Progressive Tinnitus Management  
<https://www.ncrar.research.va.gov/ForVets/Index.asp>

Oto  
<https://www.joinoto.com/>

Ida Institute  
<https://idainstitute.com/tools/tinnitus/>

Masking Sound Library  
<https://www.ata.org/about-tinnitus/sound-therapy/>

Mindfulness Based Tinnitus Stress Reduction  
<https://mindfultinnitusrelief.com/>

Tinnitus Apps  
<https://www.tinnitusapps.com/>

**Books and Articles**

Living Well With Tinnitus by Hashir Aazh and Brian Moore  
<https://www.hachette.co.uk/titles/hashir-aazh/living-well-with-tinnitus/9781472147431/>

Living with Tinnitus and Hyperacusis by David Baguley, Don J. McFerran, Lawrence McKenna  
<https://www.barnesandnoble.com/w/living-with-tinnitus-and-hyperacusis-david-baguley/1138685255>

NICE Tinnitus Assessment and Management  
<https://www.nice.org.uk/guidance/ng155>

Tinnitus: A Self-Management Guide for the Ringing in Your Ears by Jane L. Henry and Peter H. Wilson  
<http://www.atlantatinnitus.com/downloads/book.pdf>

The Psychological Management of Chronic Tinnitus: A Cognitive-Behavioral Approach by Jane L. Henry and Peter H. Wilson  
<https://www.amazon.com/Psychological-Management-Chronic-Tinnitus-Cognitive-Behavioral/dp/0205313655>