

Mental Health and Crisis Support

If you are considering [suicide](#), or have thoughts of suicidal ideation, call a suicide hotline or go to the nearest emergency room for immediate help. The [National Suicide Prevention Lifeline](#) is available 24/7:

- Crisis text line: Text HOME to 741741
- Phone: 1-800-273-8255
- Website: suicidepreventionlifeline.org

If you have severe mental health problems or need a behavioral intervention, a psychiatrist who specializes in the field of psychiatry related to your condition may be a good option for support.

Tinnitus can come with symptoms of depression, anxiety and significant sleeplessness. The presence and severity of these symptoms may warrant evaluation and treatment with a medical or mental health professional to assist in assessment and management. If you are having trouble dealing with these symptoms, there are several options to get help from the right professionals.

You can contact your primary care physician for a referral. It may also be helpful to reach out to your insurance company to find out your coverage and doctors and clinicians in your area.

The Froedtert & the Medical College of Wisconsin health network offers comprehensive behavioral health services in a confidential, welcoming environment. To schedule an appointment, call 414-777-7700. Or [read more](#) about treatment and management options.

Wisconsin Lifeline: Wisconsin Lifeline offers trained counselors who answer calls, chats and texts. Call, text 988 or use the online chat function to connect with a counselor through the 988 suicide and crisis lifeline.

Online Programs

There are several online programs that connect you with the right professional via their websites or apps on iOS and Android. Speak with a licensed therapist from the privacy and comfort of your own home. Often, you can reach a professional in a timely manner and even address crisis situations where a timely appointment is important. These professionals provide online sessions including live chat, phone, video and consultations over the internet.

Better Help: Connect with licensed, accredited and experienced counselors via messages, chatting live, speaking over the phone and video conferencing.

LiveHealth Online: Connect with a therapist from the privacy of your home in four days or less. Pay for each visit at a set rate. There are no monthly fees.

7 Cups: Affordable online therapy with a licensed therapist. They also offer free 24/7 chat with volunteer listeners.

MD live: Talk with a therapist via secure phone or video connection using your computer or smartphone.

Medications and Tinnitus

Patients with distressing tinnitus often ask about medications for tinnitus. There are no medications including prescription and over-the-counter medications, supplements or minerals that have been proven to eliminate, reduce or improve tinnitus. They are not recommended,* even those marketed specifically for tinnitus. However, tinnitus can come with significant depression, anxiety and sleeplessness. You may decide to speak to

your doctor or clinician about possible medications that may help with those symptoms. Medications for depression, anxiety and trouble sleeping are not designed to treat tinnitus, but in some cases patients may want to ask their doctor or clinician if other symptoms warrant medication. Our providers are doctors of audiology — they are not medical physicians and do not make recommendations or prescribe medications.

*American Academy of Otolaryngology – head and neck surgery 2014 Clinical Practice Guidelines: Tinnitus