PRESS RELEASE

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Tinnitus UK have launched a new fundraising appeal, **The Right Support Changes Everything**

'I thought it would go away. It didn't': Layla shares the reality of living with tinnitus as Tinnitus UK launches new appeal – **The Right Support Changes Everything**

A young woman who feared tinnitus had changed her life forever is sharing her story to help others find support sooner.

When Layla Simmons (26) first noticed a ringing sound in her ears, she thought it would disappear.

She had experienced tinnitus before but, each time, it had passed. This time was different.

"When I first noticed it I was alone, and I remember feeling scared, confused and honestly quite isolated." Layla says.

The sound remained. Within weeks, tinnitus had begun affecting Layla's sleep, concentration, work and mental health.

Like many people experiencing tinnitus for the first time, Layla turned to the internet for answers. But the sheer volume of information left her feeling more overwhelmed.

Then she found Tinnitus UK.

“For the first time, I found trusted information and people who genuinely understood what I was going through,” she says. “Hearing other people's stories helped me realise that the fear, anxiety and stress I was experiencing were not unusual.”

Most importantly, Layla found hope.

Through Tinnitus UK’s information and support, she began to understand tinnitus and develop ways of managing it. Gradually, the condition became less dominant in her life.

Today, Layla continues to work in the creative industry, trains, travels, spends time with the people she loves and enjoys music.

Now, Layla is sharing her experience as part of Tinnitus UK’s new fundraising appeal, **The Right Support Changes Everything**, to highlight what can happen when people have access to trusted information and support at a time when they are frightened and don't know what to do next.

For Tinnitus UK, the message is simple: people living with tinnitus need somewhere to turn.

The charity provides a free helpline, trusted information, support groups and education for communities and healthcare professionals. It also supports research into tinnitus and related conditions.

Tinnitus UK receives **no government funding**, meaning its services rely on donations and the generosity of its supporters.

Layla hopes that sharing her experience will help someone else through the early stages of tinnitus.

“Breathe,” she says. “I know how hard this feels right now, and I know how overwhelming those first days or weeks can be. But I promise, you are not alone, and it does get easier.”

People can donate directly at: tinnitus.org.uk/2026-appeal

About Tinnitus UK:

Tinnitus UK, an independent charity dedicated to providing information and support for individuals living with tinnitus in the United Kingdom, plays a crucial role in enhancing the quality of life for those affected by this condition. Through a variety of support avenues, including online and in-person support groups, a helpline featuring a chatbot and live webchat, and an informative website, the charity strives to facilitate improved well-being.