**Sources for Outside Treatments**

Mindfulness Based Tinnitus Stress Reduction by Dr. Jennifer Gans

<https://mindfultinnitusrelief.com/>

100% virtual

$225 for 8 week online course (lower pricing may be available through Entheos)

Mahana Tinnitus

<https://www.mahana.com/tinnitus>

Need access code from audiologist to enter in Mahana Tinnitus app

Treble Health

<https://treblehealth.com/>

100% virtual

Note: part of their process is mailing sound therapy devices directly to the patient