An illustration of three people sitting on yellow chairs in a waiting room. The background is a dark blue wall with faint, sketchy outlines of faces. The ceiling is a white grid. Three thought bubbles are positioned above the individuals. The person on the left is a Black woman with red hair, wearing a red turtleneck, a pink vest, white pants, and blue shoes. She is holding a white smartphone. The person in the middle is a young man with reddish hair, wearing a brown t-shirt with a white graphic, black shorts, and white sneakers. He has his hands clasped in front of him. The person on the right is an older man with grey hair, wearing a white t-shirt and brown pants. He has his hands clasped in his lap. The overall style is a mix of digital illustration and hand-drawn sketches.

I find going to the GP really triggering.

I'm scared about my cervical screening.

It took me ages to get an appointment.



I've just turned 25. This is my first screening.

Now I'm 50, I only need cervical screening every 5 years.

I'm 65, all has been ok, I no longer have screening.

I'm 67 but because I had an abnormal test I still need to go for screening.

# Tell me about cervical screening

- People with a cervix between the ages of 25 and 64 should go for regular cervical screening.
- You'll get a letter inviting you to make an appointment.
- It's not a test for cancer, it's a test to help prevent cancer.
- A small sample of cells will be taken from the cervix.
- The sample is checked for certain types of human papillomavirus (HPV) that can cause changes to the cells of the cervix. These are called "high risk" types of HPV.
- If these types of HPV are not found, you do not need any further tests.
- If these types of HPV are detected you will be invited for further tests.

I'm struggling with my mental health, I'm anxious...

Are you at your screening ?

What's happened?

You're doing so well.

I worry I'll be judged or they'll ask lots of questions.

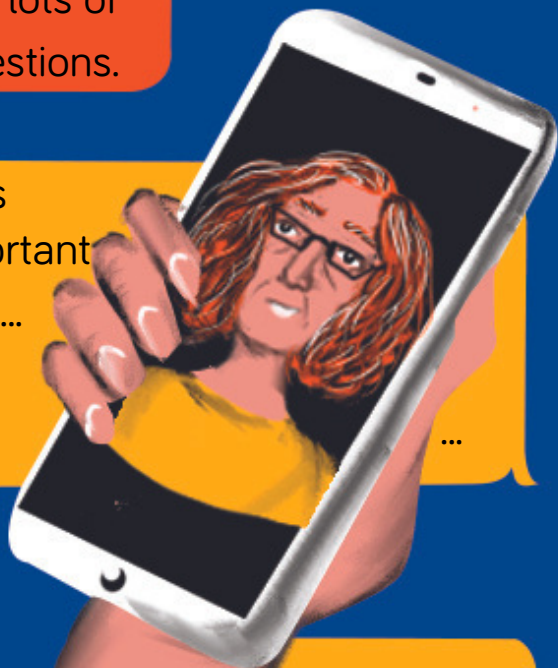
It's important to...



I did it...



Proud of you...



# If you're worried about your screening, here's some things you can do...

## At home

- Decide what to wear. Wear something you can leave on during the test, like a skirt or long jumper.
- Ask someone to come with you for support.

## In the waiting room

- Do breathing exercises to help you relax.
- Bring something to listen to or read in the waiting area and during the test.

## With the Nurse

1. Try not to be afraid or embarrassed to talk to the nurse - telling them how you feel will help them understand what kind of support you might need.
2. Ask the nurse to use a smaller speculum (the equipment they use for the test).
3. You can ask to stop at any time.

They were really  
nice and  
understanding.

They checked  
to make sure  
I was ok...

I was able to  
ask the nurse  
to explain what  
happens,

It's done....  
Phew!



For more information



This mini zine was coproduced by people with lived experience and living with mental health in Sheffield

SHEFFIELD  
FLOURISH

S  
A  
C  
M  
H  
A



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