

How you can help

Please share details of this website with anyone who you think may benefit. I have provided information cards with the QR code and website link, which can be given to patients. If you require more of these, or would prefer these details in a different format, please get in touch.

What's next?

I will be evaluating the toolkit to ensure that this is as helpful as possible for those accessing it. If you have any feedback or would like to discuss this further, please do not hesitate to get in touch with me.



Reach out today with any questions, or to discuss further.

🌐 www.seemyhealth.co.uk

✉ catherine.white@seemyhealth.co.uk

☎ 01506 537228

FREE TOOLKIT

See My Health

A website and toolkit to help people to attend cervical cancer screening.

**Dr Catherine White
CPsychol,
Health Psychologist**



Hello! I am Dr Catherine White.

I am a chartered, HCPC-registered Health Psychologist. I have developed this website following my doctoral research which showed that people find it difficult to go to important health appointments. This was for various reasons including:

- It feels scary.
- They do not know what to expect.
- They have had negative experiences in the past.
- They are worried that they will not be able to speak with the health professional. This might be because they become non-verbal when anxious; English is not their first language; or fear might make this more difficult.
- They might forget important things they want to share, or questions they want to ask.

I therefore wanted to make this toolkit to help to overcome some of these difficulties.



The Toolkit

I want people to know everything they should know about these appointments. I want them to find easier ways to manage common worries and to find ways to communicate more easily with health professionals. Everyone has a right to make decisions about their own health. See My Health is a toolkit to allow them to do so. The toolkit currently includes information about cervical cancer screening. In future, we are hoping to include support for other health and social appointments.

This toolkit is available for free to anyone across Scotland.

Your support in advertising this to your patients would be much appreciated. Information cards for patients are also available.

Anyone can use the toolkit by visiting the website and creating a free account.

They can then immediately access educational information and use the interactive features of the toolkit by following the easy-to-understand prompts. This is divided into 3 sections: **before, during and after** the appointment.



Who can use this toolkit?

Anyone who finds cancer screening or health appointments difficult. This may be people with intellectual difficulties, individuals where English is not their first language, or anyone experiencing anxiety.