

# Sexual Health Resources List

In and Near Island County

Student Handout (5/18/17 Update)

**Disclaimer:** *The Oak Harbor Public Schools provides this list of resources as an optional service. The views of providers and website content do not necessarily reflect those of the district or its employees. Note: Clicking these links will take you to a site outside of Oak Harbor Public Schools' control.*

## Confidential

Click on the map to find out if sexual health services are confidential in your state.

[Sex, etc.: Sex in the States](#)

## Birth Control and STD Clinics

<p><a href="#">Whidbey Care</a> 201 NE Birch Street Coupeville, WA 98239 360.678.0831</p>	<p><a href="#">Mt. Vernon Health Center</a> 1805 E Division Street Mt. Vernon, WA 98274 360.848.1744</p>	<p><i>*Note: You can contact your primary care provider/doctor for confidential sexual health services.</i></p>
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- Enter your zip code to help teens find birth control, condoms, emergency contraception, pregnancy tests, STD tests and HIV tests. [www.plannedparenthood.org](http://www.plannedparenthood.org)

<p><a href="#">Anacortes Teen Clinic</a> 2601 M Avenue, Suite C Anacortes, WA, 98221 360.293.6973</p>	<p>Medicap Pharmacy 1415 Commercial Ave, Suite B Anacortes, WA, 98221 360.299.2374</p>	<p>Safeway 911 11th Street Anacortes, WA, 98221 360.293.4148</p>
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- Enter your zip code to find emergency contraception. <http://ec.princeton.edu/get-ec-now.html>

## HIV Testing

<p><a href="#">North Whidbey Community Clinic*</a> 1300 Goldie Rd Oak Harbor, WA, 98277 360.679.5590</p> <p>*Must be a patient</p>	<p><a href="#">Mt. Vernon Health Center</a> 1805 E Division St. Mt. Vernon, WA 98274 360.848,1744</p>
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- Enter your zip code to find a clinic for HIV tests, birth control, counseling and other services. [www.aids.gov](http://www.aids.gov)

## Military Dependents Only

- Call [1.800.404.4506](tel:18004044506) to make confidential appointments (14 years old and older) for sexually-transmitted illness testing, pregnancy testing, pregnancy care and resources, or birth control. Need TRICare information.

## Pregnancy Testing

- [Pregnancy Care Clinic](#), 670 SE Midway Blvd. Oak Harbor, WA
- [Whidbey Care](#), 201 NE Birch Street , Coupeville, WA
- [Mt. Vernon Health Center](#), 1805 E Division St., Mt. Vernon, WA

## Birth Control Information

- [World Health Organization](#) (Family Planning and Contraception)
- [The National Campaign to Prevent Teen and Unplanned Pregnancy](#)
- [HHS.gov](#) (Pregnancy Prevention, and Reproductive Health)

## STD Information

- [Centers for Disease Control and Prevention](#) (Sexually Transmitted Diseases)
- [Centers for Disease Control and Prevention](#) (HPV)

## Prenatal Care

- [USDA](#) (Women, Infants, Children Program)
  - WIC is a nutrition program that helps pregnant women, new mothers, and young children eat well, learn about nutrition and stay healthy. They also give information about where to get prenatal care.

## Adoption Agencies

- Call 1-800-772-1115 to talk with an adoption counselor at Open Adoption and Family Services. The phone line is open 24 hours a day.

## General Sexual Health Resources

- [Advocates for Youth](#)
  - Advocates for Youth champions efforts that help young people make informed and responsible decisions about their reproductive and sexual health.
- [Bedsider](#)
  - Bedsider is an online birth control support network for men and women operated by The National Campaign to Prevent Teen and Unplanned Pregnancy. Bedsider helps people find the method of birth control that's right for them and learn how to use it consistently and effectively.
- Circle of 6
  - Free phone app for iPhone and Android
  - Connect with your friends to stay close, stay safe and prevent violence before it happens. Need help getting home? Need an interruption? Two touches let your circle know where you are and how they can help.
- [Gay, Lesbian and Straight Education Network](#) (GLSEN)
  - GLSEN works with instructors, policy makers, community leaders, and students to address anti-LGBT behavior and bias in schools.
- [Go Ask Alice](#)

- Have a health and well-being question? Check out Go Ask Alice, a health question and answer internet resource produced by Alice Health Promotion at Columbia University.
- Healthvana
  - Free iPhone app
  - Healthvana is a free way to find STI testing, get the results on your phone, and share your verified STI status.
- [It's Your \(Sex\) Life](#)
  - Provides reliable, objective sexual health information to young adults. The site is developed by MTV with founding partners in the Case Foundation, Bill and Melinda Gates Foundation and others.
- [Love is Respect](#)
  - National Dating Abuse Helpline
  - Break the Cycle and the National Dating Abuse helplines are collaborating on. This website is a resource used to engage, educate, and empower youth and young adults to prevent and end abusive relationships.
- [Scarleteen](#)
  - Sex Ed for the Real World
  - Provides inclusive, comprehensive and smart sexuality information and help for teens and 20s.
- [Sex, Etc.](#)
  - Provides information by and for teens, on a variety of sexual health issues.
- SexPositive
  - Free phone app for iPhone and Android
  - SexPositive gives judgment-free information about sexually transmitted infections (STIs) and safer sex practices, communication tips and healthy advice are available on your smartphone 24 hours a day, 7 days a week.
- [Teen Health Rights](#)
  - Provides resources and information to health care providers about California laws pertaining to minor consent, confidentiality, child abuse reporting, and other adolescent health concerns.
- [The Trevor Project](#)
  - The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning young people ages 13-24.