

## Sexual Health Resources for Island County

### CONFIDENTIALITY

Minors can get medical services without the consent of an authorized adult in the following situations:

Service	Consent requirement
Sexually transmitted infection and HIV testing and treatment	No consent required for 14 and older
Birth control services	No consent required
Abortion services	No consent required
Prenatal services	No consent required
Mental health treatment/counseling	No consent required for 13 or older
Substance abuse treatment	No consent required for 13 or older

The Northwest Justice Project has compiled detailed information on healthcare services that can be accessed without parental or guardian permission:

- *When can a minor access health care without parental consent?*

<https://www.washingtonlawhelp.org/resource/i-am-under-age-18-can-i-get-health-care-without-an-adults-consent>

Here is information on how to keep medical information private when using insurance:

- **Medicaid (Apple Health):** Information will be sent to the email or physical address the person receiving the services gives to their health plan.
- **Other State Regulated Insurance (Washington Health Benefit Exchange or the Washington Health Plan Finder):** You must request that any information about sensitive health care services you receive should be sent to you directly. To do this, call or send this form ([Confidentiality Request Form \(PDF\)](#)) to your health insurance company. You can also call your insurance company to request confidentiality. (See the [Office of the Insurance Commissioner webpage](#) for more information.)
- **Private Insurance:** If you have private insurance and are insured through someone else, like a parent or spouse, you need to tell your health insurance company your communication preferences by calling or submitting the [Confidentiality Request Form \(wa.gov\)](#).
- Make sure you talk to your health care provider about your privacy concerns.
- [Bedsider.org](#) offers information about maintaining privacy about your reproductive health care: <https://www.bedsider.org/features/275-the-girls-guide-to-getting-some-privacy-on-your-parents-health-insurance>

### COMPREHENSIVE SEXUAL AND REPRODUCTIVE TELEHEALTH

Make a telehealth appointment for services including birth control, emergency contraception, pregnancy counseling, urinary tract infection treatment, and screening and treatment for sexually transmitted infections.

- Learn more here: <https://doh.wa.gov/you-and-your-family/sexual-and-reproductive-health/telehealth-services>
- Clinic locations: <https://doh.wa.gov/you-and-your-family/sexual-and-reproductive-health/birth-control-and-emergency-contraception/clinic-locations>

Questions? Contact:

Lauren Solbakken, [l.solbakken@islandcountywa.gov](mailto:l.solbakken@islandcountywa.gov), 360-499-9559

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## BIRTH CONTROL

- Learn about different types of birth control methods: <https://www.bedsider.org/birth-control>
- Learn about buying Opill, the over-the-counter birth control pill: <https://www.bedsider.org/features/2595-everything-you-need-to-know-about-opill-the-new-over-the-counter-birth-control-pill>
- Enter your zip code or call 1-800-230-PLAN to find the nearest Planned Parenthood clinic: <https://www.plannedparenthood.org/>

## CONDOMS FOR STI PROTECTION AND BIRTH CONTROL

- Map of free condom locations in Washington State: <https://www.freecondomswa.com/map>
- Instructions for [how to use male condoms](#).
- Island County Public Health has free condoms available at the following locations:

Location	Address	Hours	Description
<b>Camano Island</b>			
Camano Island Family Resource Center	127 NE Camano Dr, Camano Island, WA 98282	Mon-Fri 8:00am-5:00pm	Condoms in a wall rack next to the Island County Public Health and Human Services hallway entries and in restrooms. <b>NOTE: Temporarily closed due to construction. Condoms available upon request.</b>
Community Resource Center of Stanwood Camano	9612 271st St NW, Stanwood, WA 98292	Mon-Fri 10:00am-5:00pm	Inside the resource center.
Safe Harbor Free Clinic	7209 265 <sup>th</sup> St NW, Stanwood, WA, 98292	Monday, Wednesday, Thursday, and Friday 9:00am-4:00pm	Inside clinic entrance, to the left of the main door, in front lobby.
Location	Address	Hours	Description
<b>Whidbey Island</b>			
North Whidbey Family Resource Center	1791 NE 1 <sup>st</sup> Ave, Oak Harbor, WA 98277	Mon-Fri 8:00am-4:30pm	Condoms located in a wall-mounted display on the right just after entering the building.
Island County Public Health Nursing Office	410 N Main St, Coupeville, WA 98239	Mon-Fri 8:00am-4:30pm	In the front lobby.
South Whidbey Family Resource Center	5475 Maxwelton Rd, Langley, WA 98260	Mon-Fri 8:00am-4:30pm	Condoms located down the hallway from the entrance in a wall-mounted display.

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## SEXUALLY TRANSMITTED INFECTIONS (STIs)

- Fact sheets on different sexually transmitted infections:
  - [https://www.cdc.gov/std/healthcomm/fact\\_sheets.htm](https://www.cdc.gov/std/healthcomm/fact_sheets.htm)
  - <https://www.bedsider.org/sexual-health-and-wellness/sexually-transmitted-infections-stds-stis>
- STI testing locations in and near Island County can be found using this interactive map:  
[https://rpubs.com/IslandCountyCommunityHealth/sti\\_test\\_locations](https://rpubs.com/IslandCountyCommunityHealth/sti_test_locations)
- Details on STI testing locations can be found at the end of this document.

## PREGNANCY AND PRENATAL CARE

- Whidbey Island Women's Clinic provides confidential services. *They are a pro-life clinic and do not support abortion.* Call 360-675-2096 to make an appointment for pregnancy counseling:  
<https://www.islandspcc.org/>
- Island County Public Health Women, Infants, & Children (WIC) program provides nutritious food, health screenings, and other support for pregnant women and mothers with infants and children. They can also give information about where to get prenatal care:  
<https://www.islandcountywa.gov/185/Women-Infants-Children-WIC>
- Planned Parenthood has a location in Mount Vernon. Call 1-877-714-1149 to make an appointment or book [online](#).

## ABORTION

- Click on the map to see a list of abortion clinics in your state: <https://prochoice.org/patients/find-a-provider/>
  - Call 1-800-772-9100 to get more information about abortion and where to get financial help.
- Find information on abortion rights and providers in Washington State: <https://doh.wa.gov/you-and-your-family/sexual-and-reproductive-health/abortion>

## ADOPTION

Open Adoption & Family Services is a pro-choice agency that welcomes diversity and provides unbiased all-options pregnancy counseling and adoption counseling: <https://www.openadopt.org/>

Phone: 1-800-772-1115

Text 'open' to 971-266-0924 (Mon-Fri 9:00am-5:00pm)

Email: [info@openadopt.org](mailto:info@openadopt.org)

Online inquiry form: <https://www.openadopt.org/expectant-parent-contact-form/>

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Sexually Transmitted Infection (STI) Services for Island County - Updated April 2024				
Clinic	Address	Phone	Website	Description
<b>For Camano Residents</b>				
Camano Island Health System	1283 Elger Bay Road, Ste A Camano Island, WA 98282	360 572-2202	<a href="https://camanoislandhealth.com/">https://camanoislandhealth.com/</a>	Accepts most public and private insurance. Self-pay options also available. Appointments required.
Skagit Regional Health Camano	127 NE Camano Drive Camano Island, WA 98282	360-387-5398	<a href="https://www.skagitregionalhealth.org/home/location-landing/skagit-regional-clinics-camano-island">https://www.skagitregionalhealth.org/home/location-landing/skagit-regional-clinics-camano-island</a>	Accepts most public and private insurance. United Health Care Healthy Options not accepted at Skagit Regional. Appointments required.
Safe Harbor Free Clinic	7209 265th Street NW Suite 203/204 Stanwood, WA, 98292	425-870-7384	<a href="https://www.safeharborfreeclinic.org/">https://www.safeharborfreeclinic.org/</a>	Services for uninsured and underinsured. Same-day appointments available. Limited hours.
<b>For Whidbey Residents</b>				
Naval Health Clinic Oak Harbor	3475 N Saratoga Street, Building 993 Oak Harbor, WA, 98278	800-404-4506	<a href="https://oakharbor.tricare.mil/">https://oakharbor.tricare.mil/</a>	Services for members of the military health system.
North Island Medical	165 SE Ely Street Oak Harbor, WA 98277	360-682-5444	<a href="https://northislandmedical.org/our-location">https://northislandmedical.org/our-location</a>	Accepts private insurance only. Does not accept Medicaid. Walk-in visits and appointments accepted.
Pediatric Associates of Whidbey Island	275 SE Cabot Dr., Suite B-102, Oak Harbor, WA 98277	360-675-5555	<a href="https://www.pediatricsofwhidbey.com/">https://www.pediatricsofwhidbey.com/</a>	Accepts most public and private insurance. Services for established patients. Appointments required.
Pediatric Associates of Whidbey Island	1690 Layton Rd., Freeland, WA 98249	360-331-1314	<a href="https://www.pediatricsofwhidbey.com/">https://www.pediatricsofwhidbey.com/</a>	Accepts most public and private insurance. Services for established patients. Appointments required.
South Island Medical	5577 Vanbarr Place Freeland, WA 98249	360-331-3343	<a href="https://southislandmedical.org/">https://southislandmedical.org/</a>	Accepts private insurance only. Does not accept Medicaid. Appointments required.
Water's Edge Family Practice and Wellness Center	221 2nd Street Langley, WA 98260	360-221-1060	<a href="https://www.watersedgewellnesscenter.com/home">https://www.watersedgewellnesscenter.com/home</a>	Self-pay only. Services for established patients. Appointments required.
WhidbeyHealth Primary Care & Walk-In Clinic Clinton	11245 State Route 525 Clinton, WA 98236	360-341-5252	<a href="https://whidbeyhealth.org/locations">https://whidbeyhealth.org/locations</a>	Accepts most public and private insurance. Does not accept Molina insurance. Walk-in visits and appointments accepted.
WhidbeyHealth Walk-In Clinic Oak Harbor	1300 NE Goldie Street Oak Harbor, WA 98277	360-679-5590	<a href="https://whidbeyhealth.org/locations">https://whidbeyhealth.org/locations</a>	Accepts most public and private insurance. Does not accept Molina insurance. Walk-in visits and appointments accepted.
WhidbeyHealth Primary Care Cabot Drive	275 SE Cabot Drive, #B101 Oak Harbor, WA 98277	360-675-6648	<a href="https://whidbeyhealth.org/locations">https://whidbeyhealth.org/locations</a>	Accepts most public and private insurance. Does not accept Molina insurance. Appointments required.
WhidbeyHealth Women's Clinic	77 N Main Street Coupeville, WA 98239	360-678-0831	<a href="https://whidbeyhealth.org/locations">https://whidbeyhealth.org/locations</a>	Accepts most public and private insurance. Does not accept Molina insurance. For women only. Appointments required.
<b>Outside Island County</b>				
Island Health	2511 M Avenue, Suite B Anacortes WA 98221	360-293-3101	<a href="https://islandhealth.org/department/island-walk-in-clinic-m-avenue/">https://islandhealth.org/department/island-walk-in-clinic-m-avenue/</a>	Accepts most public and private insurance. Self-pay options also available. Walk-in visits and appointments accepted.
Planned Parenthood - Bellingham	1530 Ellis Street Bellingham WA 98225	360-734-9095	<a href="https://www.plannedparenthood.org/health-center/washington/bellingham/98225/bellingham-health-center-2454-91780/womens-health">https://www.plannedparenthood.org/health-center/washington/bellingham/98225/bellingham-health-center-2454-91780/womens-health</a>	Accepts most public and private insurance. Self-pay options also available. Services for uninsured and underinsured. Walk-in visits and appointments accepted.
Planned Parenthood - Everett	1509 32nd St Everett, WA 98201	800-769-0045	<a href="https://www.plannedparenthood.org/health-center/washington/everett/98201/everett-health-center-2994-91810">https://www.plannedparenthood.org/health-center/washington/everett/98201/everett-health-center-2994-91810</a>	Accepts most public and private insurance. Self-pay options also available. Services for uninsured and underinsured. Walk-in visits and appointments accepted.
Planned Parenthood - Marysville	10210 State Ave Marysville WA 98271	800-769-0045	<a href="https://www.plannedparenthood.org/health-center/washington/marysville/98271/marysville-health-center-2457-91810">https://www.plannedparenthood.org/health-center/washington/marysville/98271/marysville-health-center-2457-91810</a>	Accepts most public and private insurance. Self-pay options also available. Services for uninsured and underinsured. Walk-in visits and appointments accepted.
Planned Parenthood - Mount Vernon	1805 E Division Street Mount Vernon, WA 98274	360-848-1744	<a href="https://www.plannedparenthood.org/health-center/washington/mount-vernon/98274/mount-vernon-health-center-2843-91780/std-testing-treatment">https://www.plannedparenthood.org/health-center/washington/mount-vernon/98274/mount-vernon-health-center-2843-91780/std-testing-treatment</a>	Accepts most public and private insurance. Self-pay options also available. Services for uninsured and underinsured. Walk-in visits and appointments accepted.
<b>Mail-in Tests</b>				
Lifelong		206-957-1600 360-932-3420	<a href="https://www.lifelong.org/sexual-health-testing">https://www.lifelong.org/sexual-health-testing</a>	Free mail-in tests for Washington State residents. Tests available for HIV, Hepatitis C, Gonorrhea, and Chlamydia