

Ingraham Teen Health Center at Ingraham High School

The Ingraham Teen Health Center committed to helping adolescents achieve wellness and success in all aspects of life. We work in active partnership with teens, their family, the school and our community.

What kinds of services are offered at the Ingraham Teen Health Center?

Primary Care

- Sports physicals
- Vaccines
- Check ups: Physical Exams
- Infections
- Family planning
- STD screening and treatment

Mental Health Counseling

- Depression
- Stress
- Loss of loved one
- Healthy Relationships
- Self-Esteem
- Family Conflict
- Peer Pressure
- Healthy Habits

Referral to community resources is also available.

**Hours: 7:30-3:30 pm.,
Monday through Friday
during school year**

Telephone: 206-205-0430



Health Education

- Healthy Eating
- Nutrition
- Physical Activity & Fitness
- Personal Appearance
- Preventing Illness
- Birth Control Options (Safer sex)
- Sexual Orientation

Who can be seen at the Center?

At Ingraham Teen Health Center, students may be seen by appointment with consent from their parents, during school hours or after school. Teens of any age may be seen for confidential family-planning services. Mental-health services are available without parent consent for teens age 13 and over [Reproductive Privacy Act, RCW (9.02)]. Consent forms are available at the Teen Health Center.

The Ingraham Teen Health Center is a collaboration among Ingraham High School, Public Health- Seattle & King County, and Group Health Cooperative. This program is sponsored, in part, by the Families and Education Levy passed by the voters of Seattle.