

Teen

POCKET GUIDE

TO SEXUAL HEALTH
CARE IN MAINE

Frequently asked questions
and information for teens



maine family planning

Do I need permission from a parent or guardian?

No, you have the right to **confidential services**, which means that your information will be **kept private**.

In some situations, it's not possible for a provider to keep things private. This includes situations where a person is being abused or harmed by someone else or is a danger to themselves or others.

How much do services cost?

Most services are **low to no cost for teens**. We will work with you to make sure **cost is not a barrier** to receiving the services you need.

Can I use insurance?

Yes! Health insurance can be confusing. We are here to help you figure out what your insurance covers.

It's up to you if you want to use your insurance. Either way, we want you to receive the services you need.

What about my privacy?

If you have **MaineCare**, your information is **kept private**. If you have insurance through another person, their insurance company may send out a statement of services received.

What sexual health services are available at a Maine Family Planning Clinic?

There are **many sexual health services** available to teens. Use this chart as a guide.

Note: Costs can vary depending on where you get these services and the specific brand of products.

| SEXUAL HEALTH SERVICES | FAMILY PLANNING CLINIC | STORE OR PHARMACY |
|----------------------------------|------------------------|-------------------|
| Hormonal Birth Control | ✓ | ✗ |
| Condoms | ✓ | ✓ |
| Emergency Contraception | ✓ | ✓ |
| Pregnancy Tests | ✓ | ✓ |
| STI* and HIV Testing & Treatment | ✓ | ✗ |
| Abortion Care | ✓ | ✗ |

*Sexually Transmitted Infections

Will I need an exam?

Exams are **not usually required** when starting birth control. Getting tested for pregnancy or STIs can be as simple as peeing in a cup.

To get up-to-date information on STIs, go to **[cdc.gov/std/](https://www.cdc.gov/std/)**

For birth control options, check out **[bedsider.org](https://www.bedsider.org)**

Wow, that wasn't as bad as I thought it would be!

It's normal to feel nervous!

*Does the thought of getting sexual health care make you feel scared or nervous? **You're not alone.** You can feel comfort knowing that we are here to make your visit as **easy as possible.***



What if I'm not straight or cisgender?

Healthcare is for **everyone**, no matter their sexual orientation or gender identity. We provide **LGBTQ+ affirming** and **supportive** sexual health services. We're here to answer questions and find ways to **help everyone** get the health care they need and deserve.

Gender affirming hormone replacement therapy (HRT) is also available for people 18 and older.



What is telehealth?

With a camera on your **computer or smartphone**, you can connect with one of our clinicians for a **virtual health care** visit.

Where do I go?

To make an appointment, find the closest clinic, or chat with us, visit

MaineFamilyPlanning.org

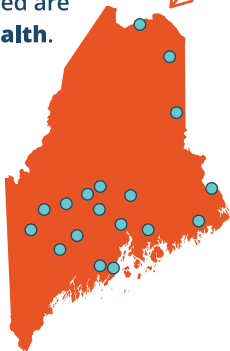
or call **(207) 922-3222**

Not able to get to a clinic? No problem.

We also offer **virtual appointments**.

Book an appointment online and find out if the services you need are available through **telehealth**.

*18
locations
across
Maine!*



Did you know...

in Maine, people **under 18** can also receive **confidential care** related to sexual assault, teen dating violence, mental health and substance use. Support in Maine can be found here:

SEXUAL ASSAULT SERVICES:

mecasa.org | 1-800-871-7741

DOMESTIC VIOLENCE SERVICES:

mcedv.org | 1-866-834-4357

MENTAL HEALTH SERVICES:

namimaine.org | 1-800-464-5767

LOOKING FOR GENERAL SUPPORT?

preventionforme.org | 211

