

Finding an Adult Doctor

Now that you are leaving high school and will no longer be using the School Based Health Center (SBHC) at **Ballou High School**, it is time to find a new adult doctor to stay healthy and treat you when you are not feeling well.

Steps you can take to find a new adult doctor:

1. Ask your doctor at the SBHC for a referral.
2. Ask your parents, family members, and friends who they see and if they like their doctor.
3. Look on your health insurance website for a list of adult doctors (under internists, family physicians, family nurse practitioners, or specialists, if needed).

Before you choose a doctor or clinic, here are some questions to think about:

1. What kind of doctor do you need? A primary care doctor, a specialist, a dentist, a mental health provider?
2. Where is the doctor's office or clinic located (near public transportation)?
3. What are the office hours and are there walk-in options for primary and urgent care?
4. What services are offered (preventive check-ups and sick care, sexual health services, dental health services, mental health services, other)?
5. Does the doctor's office or clinic accept your health insurance?
 - Not all doctors or clinics accept all types of insurance. Call to be sure the clinic takes your insurance type.
 - Remember to always carry your health insurance information with you (in your wallet or on your phone).

Mental Health & Sexual Health Resources

Have sexual or reproductive health concerns?

- Contact the DC Health & Wellness Center (formerly known as the STD Clinic) at 202-741-7692 or 77 P Street NE, Washington DC 20002.
- They are open Mon–Wed and Fri 8:30am–3:00pm; Thurs 8:30am–11:00am
- The new clinic offers easy and affordable sexual health care with a bilingual staff, a convenient location, and same-day appointments.
- They offer expert services, including health screenings, STD testing and treatment, HIV and STD prevention resources, and more.

Need help with mental health concerns or emergency psychiatric care?

- Call the Access Helpline at 1-888-793-4357.
- The Helpline is staffed by behavioral health providers 24/7 who can refer a caller to immediate help or ongoing care.
- Call the Access Helpline for help dealing with the drama of family, death, school, drugs, gangs, and violence. The Helpline can help sort out and manage feelings of hopelessness, anger, grief, stress, or whatever is troubling.
- This is the easiest way to obtain services provided by the DC's Department of Behavioral Health and its behavioral health care providers.

Please see next page for local clinics you can contact for a new adult doctor.

Adult Primary Care Provider Resource Guide

Near Ballou High School:

**Children's Health Center Anacostia
(will only see you until 22nd birthday)**
2101 MLK, Jr. Ave. SE
Washington, DC 20020
202-476-6900

**Children's Health Center at The Arc
(will only see you until 22nd birthday)**
1801 Mississippi Ave. SE, 1st Floor
Washington, DC 20020
202-436-3098

Family and Medical Counseling Service, Inc
2041 MLK Jr. Ave SE, Suite 303
Washington, DC 20020
202-889-7900

LifeTree Health
2041 MLK Jr. Ave. SE, Suite LL2
Washington, DC 20020
202-450-5891

Unity Health Care Anacostia Health Center
1500 Galen St. SE
Washington, DC 20020
202-610-716

Unity Health Care Stanton Road Health Center
3240 Stanton Rd. SE
Washington, DC, 20002
202-889-9301

Whitman Walker Clinic Max Robinson Center
2301 MLK Jr Ave. SE
Washington, DC 20020
202-745-7000

Please see next page for additional clinics in Washington, DC.

Adult Primary Care Provider Resource Guide

SOUTHEAST

Bread for the City Medical Clinic

1640 Good Hope Rd. SE
Washington, DC 20020
202-561-8587

Medstar Medical Group Washington Primary Care Physicians

6600 Pennsylvania Ave. SE, Suite 100
Washington, DC 20003
202-546-4504

Unity Health Care Southwest Health Center

555 L St. SE
Washington, DC 20003
202-548-4520

Unity Health Care Stanton Road Health Center

3240 Stanton Rd. SE
Washington, DC, 20002
202-889-9301

Whitman Walker Clinic Max Robinson Center

2301 MLK Jr Ave. SE
Washington, DC 20020
202-745-7000

NORTHEAST

Elaine Ellis Center of health

1605 Kenilworth Ave NE
Washington, DC 20019
202-803-2340

GW Metro Immediate & Primary Care

2350 Washington Pl. NE, Suite 110N
Washington, DC 20018
202 544-7580

Providence Hospital Family Medicine

1140 Varnum St. NE, Suite 103
Washington, DC 20017
202-448-4090

Unity Health Care Brentwood Health Center

1251-B Saratoga Ave. NE
Washington, DC 20018
202-832-8818

Unity Health Care East of the River Health Center

123 45th St. NE
Washington, DC 20019
202-388-7747

Unity Health Care Minnesota Avenue Health Center

3924 Minnesota Ave. NE
Washington, DC 20019
202-398-8683

Unity Health Care Parkside Health Center

765 Kenilworth Terrace NE
Washington, DC 20019
202-388-8160

NORTHWEST

Adolescent Health Center

111 Michigan Ave. NW
Washington, DC 20010
202-476-5464

Bread for the City Medical Clinic

1525 7th St. NW
Washington, DC 20001
202-265-2400

Adult Primary Care Provider Resource Guide

Children's Health Center Shaw
(will only see you until 22nd birthday)
2220 11th St. NW
Washington, DC 20001
202-476-5500

Children's Health Center Adams Morgan
(will only see you until 22nd birthday)
Dorchester House
1630 Euclid St. NW
Washington, DC 20009
202 476-5580

La Clínica Del Pueblo
2831 15th St. NW
Washington, DC 20009
202-462-4788

Mary's Center
2333 Ontario Rd. NW
Washington, DC 20009
202-483-8196

Mary's Center
3912 Georgia Ave. NW
Washington, DC 20011
202-483-8196

Medstar Georgetown University Hospital
Internal Medicine
PHC Building 6th Floor
3800 Reservoir Drive NW
Washington, DC 20007
202-444-8168, #2

Medics USA
2750 14th St. NW, Suite C
Washington, DC 20009
202-595-8813

Medics USA
1700 17th St NW, Suite A
Washington DC 20009
202-483-4400

GW Metro Immediate & Primary Care
2902 Porter St. NW
Washington, DC 20008
202-525-5287

GW Metro Immediate & Primary Care
1101 15th St NW
Washington, DC 20005
202-798-0100

Howard University
Medical Arts Building 4th Floor
2139 Georgia Ave. NW
Washington, DC 20060
202-865-7677

Medstar Family Medicine at Spring Valley
4910 Massachusetts Ave. NW
Washington, DC 20016
202-237-0015

Medstar Medical Group at 19th Street
1145 19th St. NW
Washington, DC 20036
202-429-2401

Unity Health Care Columbia Rd Health Services
1660 Columbia Rd. NW
Washington, DC, 20009
202-328-3717

Unity Health Care Upper Cardoza Health Center
3020 14th St. NW
Washington, DC, 20009
202-745-4300