

Healthy Relationship Support

24/7 Crisis Lines | 888.900.4232 or 866.269.2559 or 800.799.SAFE
Cool Not Cool | coolnotcoolquiz.org app about friends and relationships
Love Is Respect | loveisrespect.org
Monarch Services | 831.722.4532
Walnut Ave Family & Women's Center | 831.426.3062



Teen Parenting

Early Head Start Teen Parent Program
| 831.688.3802 or 831.724.3885
Home Visit Nurses | 831.454.4339
Papás | 831.763.3123
Positive Discipline Community Resources | 831.288.0088
PVUSD Teen Parents | 831.786.8271
safekids.org | safety tips for parents

Queer & Trans Resources

Diversity Center | diversitycenter.org
Queer Youth Task Force | QYTF.org
TransFamilies Support | transfamiliesca.org
TrevorLifeline | 1.866.488.7386 | TheTrevorProject.org/get-help



Legal Support

Barrios Unidos | 831.457.8208
CAB Immigration Project | 831.724.5667
DACA information | 831.274.3159 work permit eligibility for undocumented youth
Foster Youth Have Rights | 877.846.1602 FosterYouthHelp.ca.gov
Immigrants Rising | immigrantsrising.org scholarship and other resources
Immigration Law Help | immigrationlawhelp.org find legal help
Teen Legal Guide | TeenHealthLaw.org
Watsonville Law Center | 831.722.2845
Western Service Workers Association | 831.429.6016 legal assistance for low income workers



Drugs & Alcohol

Access to Narcan | www.hipscc.org/naloxone-and-fentanyl
Alateen | 831.462.1818 | al-anon.org/alateen
Alcoholics Anonymous | 831.475.5782
Narcotics Anonymous | 855.562.2789
Needle Exchange | 831.454.2437
***PVPSA** | 831.728.6445
***Youth Services** | 831.688.8856 | recoverywave.org
***Counseling services**



Apps & Websites

Bedsider | birth control reminders
Clue | period tracker
My Sex Doctor (17+) | sex Ed
My Sex Doctor Lite (12+) | sex Ed
Pregnancy Tracker & Baby App | pregnancy tracker/parenting guide
Spot On | period tracker & birth control reminders
Text4Baby | baby health & safety



txt **Hookup** → **877877** sex info & life advice
txt **Baby** or **Bebé** → **511411** keeping you & baby healthy
txt **MyBC** or **MiAC** → **42411** birth control reminders
Private STI Nurse, Santa Cruz County 831.454.4114

bedsider.org or **bedsider.org/es** | all about birth control
scarleteen.com | sex education for the real world
smartsexresource.com | info & resources on sexual health
teensource.org | sex+health+you
teensource.org/condoms/free find free condoms in your area



Mini Resource Guide For Teens, Youth, & Young Adults

2024-2025



Teen Health Outreach



teenhealthoutreach@santacruzcountycalifornia.gov
santacruzhealth.org

Health Care

Aid Access | aidaccess.org Provides access to safe medical abortions to people who cannot access safe abortion services.

County Clinics

831.454.4100 (Santa Cruz)

831.763.8400 (Watsonville)

Covered California | 800.300.1506 |

www.coveredCA.com

free & low-cost health insurance & Medi-Cal

Dientes | 831.276.7010

free and low-cost dental care

Planned Parenthood | 831.724.7525

(Watsonville)

Salud Para la Gente | 831.728.0222

Santa Cruz Community Health Centers |

831.427.3500

Vaccine Hotline | 831.219.8607



Mental Health

All-Options | 888.493.0092

all-options.org pregnancy, parenting, abortion, and adoption

Hospice Grief Support | 831.430.3000

Mental Health Access Line | 800.952.2335

Teen Line | 800.852.8336 teen-to-teen

education and support



24-Hour Crisis Lines

Alcohol | 831.475.5782

Behavioral Health Access Line | 800.952.2335

Domestic Violence | 888.900.4232 or

866.269.2559 or 800.799.SAFE

Drugs | 855. 562.2789

LGBTQ Suicide | 866.488.7386

Poison | 800.222.1222

Suicide and Crisis Lifeline | 988 call or text

Suicide Hotline | 831.458.5300 or 877.663.5433



Engagement & Activities

Big Brothers & Big Sisters | 831.464.8691

one-on-one mentoring

Boys & Girls Club | 831.423.3138 after school

program

CAB Luna y Sol | 831.322.9041 service center

for youth & families

Friday Night Live | 831.454.5483 healthy

choices, leadership, drug awareness

Teen Kitchen | 831.316.4540 learn how to

cook meals for the community

United Way | 831.479.5466 community

service and youth leadership

YMCA | 831.728.9622 after school program

at school sites

Education

Cabrillo | 831.479.6378 | www.cabrillo.edu

Cabrillo ACE Program | 831.477.3340

setting students up for success in college

Cabrillo Puente Project | 831.479.6541

mentorship and academic counseling

SC Adult School | 831.429.3966

Wats/Aptos Adult Ed. | 831.786.2160

Underground Scholars | 510.643.2226

support formerly incarcerated

youth get into UC Berkeley



Employment

CAB AJOY | 831.763.2147 job training & work

experience

Career Centers/Workforce Santa Cruz |

santacruzhumanservices.org/WFSCC job

counseling, paid job training

Digital Nest | 831.722.6378 | digitalnest.org free

high-tech and job skills training

Sueños | 831.466.5672

develop workplace skills as a teen

Regional Occupational Program |

831.466.5760 | santacruzcoe.org



Food, Shelter, & Bikes

Food Hotline | 831.662.0991

My Benefits CalWIN | 888.421.8080

mybenefitscalwin.org

www.GetCalFresh.org |

food stamps (EBT) application

Youth Homelessness Response

Team | 831.227.8733



Bike Church | 831.296.0326 (Santa Cruz)

Bike Shack | 831.296.0326 (Watsonville)

Housing Authority | 831.454.5955

Housing Matters | 831.458.602

Runaway Safeline | 800.RUNAWAY

Siena House | 831.425.2229 for moms

www.hopesclosetsc.com | Clothes



To learn more, give them a call and say:

“Hello, I’m a student from
[your school] and I would like to
learn more about
[explain why you’re calling].”

To request copies of this card, contact Teen Health Outreach at
teenhealthoutreach@santacruzcountycalifornia.gov