## **Healthy Relationship Support**

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 Cente 1831.426.3062

24/7 Crisis Lines | 888.900.4232 or

# **Teen Parenting**

**Early Head Start Teen Parent Program** I 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** | diversity center.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.aov 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

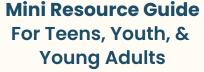
txt **Hookup** → **877877** sex info & life advice txt **Baby** or **Bebé**  $\rightarrow$  **511411** keeping you & baby healthy txt MyBC or MiAC → 42411

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



2024-2025



Teen Health Outreach



teenhealthoutreach@santacruzcountvca.aov santacruzhealth.ora

#### **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

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

Alcohol | 831,475,5782

# **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

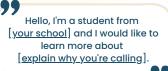
My Benefits CalWIN | 888.421.8080
mybenefitscalwin.org
www.GetCalFresh.org |
food stamps (EBT) application
Youth Homelessness Response
Team | 831.227.8733



Bike 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

Bike Church | 831.296.0326 (Santa Cruz)

To learn more, give them a call and say:



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