

## 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



## Got Questions?

## Get Answers.

## MINI RESOURCE GUIDE 2024-2025



## Teen Health Outreach



teenhealthoutreach@santacruzcountyca.gov  
santacruzhealth.org

## Health Care

**Aid Access** | [aidaccess.org](http://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](http://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) 831.426.5550 (Santa Cruz)

**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](http://all-options.org) pregnancy, parenting, abortion, 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](http://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](http://santacruzhumanservices.org/WFSCC) job

counseling, paid job training

**Digital Nest** | 831.722.6378 | [digitalnest.org](http://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](http://santacruzcoe.org)



## Food, Shelter, & Bikes

**Food Hotline** | 831.662.0991

**My Benefits CalWIN** | 888.421.8080

[mybenefitscalwin.org](http://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](http://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@santacruzcountyca.gov](mailto:teenhealthoutreach@santacruzcountyca.gov)