



CONTACT US:

Teen Health Outreach (THO)

To request copies of this card, contact
Teen Health Outreach Program
Manager, Nancy Willard at
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IUD:
Inserted by a provider. Works
3-10 yrs.



Implant:
Inserted in the arm. Works up to 3
years.



Shot:
A shot you get every 3
months.



Ring:
A plastic ring you insert into the
vagina and replace monthly.



Pill:
A daily pill.



Patch:
A sticker you wear on your skin
that you replace weekly.



External Condom:
A barrier you wear on the penis.
(Prevents STIs)



Internal Condom:
A barrier you wear inside the
vagina or anus. (Prevents
pregnancy and STIs)



Emergency Contraception:
A pill you take as soon as possible
after unprotected sex to prevent
pregnancy.

Ex. Condom breaks, missed pills,
etc.

FOR TEENS, YOUTH, & YOUNG ADULTS

NORTH SANTA CRUZ COUNTY

2022-2023

teen health
outreach
santa cruz county



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Planned Parenthood Westside

M-F: 8:30am-5pm
1119 Pacific Ave. Suite 200
Santa Cruz

(831) 426-5550 Near Santa Cruz Metro!

Birth Control Options

- Pill
- Implant
- Condoms
- IUD
- Ring
- Emergency Contraception
- Shot
- Patch

Care & Services

- STI/HIV Testing
- PrEP/PEP
- Pregnancy Testing
- Spanish Speaking
- Abortion Services
- Gender-affirming care
- Mental Health Services

Teen Friendly Features

- Walk-In's Welcome
- Text Reminders
- Same Day Appointment
- Same Day Birth Control
- Calls Your Phone

East Cliff Family Health Center

M-Th: 8am- 8pm
Fri: 8am-5pm
Sat: 8am-1pm
21507 E Cliff Dr.
Santa Cruz

(831) 427-3500 Bus Line: 66, 68

Birth Control Options

- Pill
- Implant
- Condoms
- IUD
- Ring
- Emergency Contraception
- Shot
- Patch

Care & Services

- STI/HIV Testing
- PrEP/PEP
- Pregnancy Testing
- Spanish Speaking
- Mental Health Services
- Gender-affirming care

Teen Friendly Features

- Walk-In's Welcome
- Same Day Appointment
- Calls Your Phone

S.C. Women's Health Center

M-Th: 8am-8pm
Fri: 8am-5pm
250 Locust St.
Santa Cruz

(831) 427- 3500 Near Santa Cruz Metro!

Birth Control Options

- Pill
- Implant
- Condoms
- IUD
- Ring
- Emergency Contraception
- Shot
- Patch

Care & Services

- STI/HIV Testing
- PrEP/PEP
- Pregnancy Testing
- Spanish Speaking
- Mental Health Services
- Gender-affirming care

Teen Friendly Features

- Same Day Appointment
- Calls Your Phone
- Text Reminders

S.C. (Emeline) Health Center

M-F: 8am-5pm
1080 Emeline Ave Bldg. D,
Santa Cruz

(831) 454-4100 Bus Line: 4

Birth Control Options

- Pill
- Ring
- Condoms
- IUD
- Patch
- Emergency Contraception
- Shot

Care & Services

- STI/HIV Testing
- PrEP/PEP
- Pregnancy Testing
- Spanish Speaking
- Gender-affirming care

Teen Friendly Features

- Walk-In's Welcome
- Text Reminders
- Same Day Appointment
- Calls your phone