

Planned Parenthood Westside

1119 Pacific Ave. Suite 200 Near River Front
Santa Cruz Transit Center
831-426-5550 M-F 8:30AM-5PM

Birth Control Options

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

Care & Services

- Abortion services
- COVID-19 vaccine
- Gender-affirming care
- HPV vaccine
- Mental health services
- Pregnancy testing
- PrEP/PEP
- Spanish speaking
- STI/HIV testing

Teen Friendly Features

- Same day appointment
- Same day birth control
- Tele-Health
- Text reminders
- Walk-ins welcome

S.C. (Emeline) Health Center

1080 Emeline Ave. Route 4:
Santa Cruz Emeline Ave. & Sutphen
831-454-4100 M-F: 8AM-5PM

Birth Control Options

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

Care & Services

- STI/HIV testing
- Pregnancy testing
- COVID-19 vaccine
- HPV vaccine
- Mental health services
- PrEP/PEP
- Spanish speaking
- Gender-affirming care

Teen Friendly Features

- Calls your phone
- Same day appointment
- Walk-ins welcome

Types of Birth Control



Pill:
A pill taken daily.



IUD:
Inserted by a medical provider.
Effective for 3-10 years.



Shot:
A shot someone gets every 3 months
by a medical provider.



Implant:
Inserted by a medical provider in the arm.
Effective for up to 3 years.



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



Patch:
A sticker someone wears on their skin
that is replaced weekly.



External/Internal Condom:
A barrier someone wears.
(Prevents pregnancy & STIs)



Emergency Contraception:
A pill someone can take 0-5 days after
unprotected sex to prevent pregnancy.
(condom breaks, missed birth control pill, etc.)

Confidential Services For Teens, Youth, & Young Adults

North County Santa Cruz
2024-2025



Teen Health
Outreach



teenhealthoutreach@santacruzcountycalifornia.gov
santacruzhealth.org

Youth Rights

In California, youth age 12 and older* have the **right to the following confidential services:**

- Abortion services
- Alcohol or other drugs counseling
- Birth control
- Emergency contraception
- Mental health counseling
- Pills to prevent HIV (PrEP/PEP)
- Pregnancy options counseling
- Pregnancy testing
- Prenatal care
- Testing and treatment for STIs, including HIV

Youth can get these services without needing permission from their parents/guardians **AND** without parents/guardians being notified. Youth can excuse themselves from school for these visits.

IT'S CALIFORNIA LAW**

For free or low cost services ask:



*Age 10 and older for youth in foster care. Senate Bill 89.
**teenhealthlaw.org

Live Oak Health Center

1510 Capitola Rd.
Santa Cruz

831-427-3500

Route 2:
Capitola Rd. & Leila Ct.

M-Thur: 8AM-8PM
3rd Weds: 12:15PM-6PM
Fri: 8AM-5PM
2nd Fri: 12:20PM-5 PM
Sat: 8AM-1PM

Birth Control Options

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

Care & Services

- Abortion services
- Alcohol & Other Drugs services
- Gender-affirming care
- HPV vaccine
- Pregnancy testing
- PrEP/PEP
- Spanish speaking
- STI/HIV testing

Teen Friendly Features

- Calls your phone
- Same day appointments

S.C. Women's Health Center

250 Locust St.
Santa Cruz

831-427-3500

Near River Front
Transit Center

M-F: 8AM-5PM
3rd Fri : 12:20PM-5PM

Birth Control Options

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

Care & Services

- Abortion services
- Alcohol & Other Drugs services
- Gender-affirming care
- HPV vaccine
- Pregnancy testing
- PrEP/PEP
- Spanish speaking
- STI/HIV testing

Teen Friendly Features

- Calls your phone
- Same day appointments

Mountain Health Center

231 Main St. Suite A
Ben Lomond

831-454-4100

Route 35:
Hwy 9 & Main

M-F: 8AM-5PM
Closed 12PM-1PM

Birth Control Options

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

Care & Services

- Abortion services
- Alcohol & Other Drugs services
- Gender-affirming care
- HPV vaccine
- Pregnancy testing
- PrEP/PEP
- Spanish speaking
- STI/HIV testing

Teen Friendly Features

- Calls your phone
- Same day appointments