### Healthy Relationship Support



24/7 Crisis Lines | 888.900.4232 or 866 269 2559 or 800 799 SAFE Love Is Respect | loveisrespect.org Monarch Services | 831.722.4532 Cool Not Cool | coolnotcoolauiz.ora app about friends and relationships Walnut Ave Family & Women's Center 831.426.3062

#### Teen Parenting

Early Head Start Teen Parent Program 831 688 3802 or 831 761 8126 x19 Home Visit Nurses | 831.454.4339 Papás | 831.763.3123

**PVUSD Teen Parents** | 831.786.8273

#### **Queer & Trans** Resources



### **Legal Support**

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 Barrios Unidos | 831.457.8208 Western Service Workers **Association** | 831.429.6016 legal assistance for low income workers Teen Legal Guide | TeenHealthRights.org Watsonville Law Center | 831,722,2845

#### **Drugs & Alcohol**

Alateen | 831,462,1818 al-anon.org/alateen Alcoholics Anonymous | 831.475.5782 Narcotics Anonymous | 855.562.2789 Needle Exchange | 831.454.2437 Access to Narcan | https://www.hipscc.org/ naloxone-and-fentanvl \*PVPSA | 831,728,6445 \*Youth Services | 831.688.8856 http://recoverywave.org/ \*Counseling available

# **Apps & More**

Bedsider | birth control reminders Clue | period tracker **Spot On** | period tracker & birth control reminders Pregnancy Tracker & Baby App | pregnancy tracker/parenting guide Text4Baby | baby health & safety

My Sex Doctor (17+) or

Mv Sex Doctor Lite (12+) | Sex Ed

txt **Hookup** to 877877 sex info & life advice txt Baby or Bebé to 511411 keeping you & baby healthy

txt MvBC or MiAC to 42411 birth control reminders Private STI Nurse, Santa Cruz County 831 454 5043

scarleteen.com | sex education for the real world bedsider.org or bedsider.org/es | all about birth control teensource.org | sex+health+vou

safekids.org | safety tips for parents smartsexresource.com | info & resources on sexual health

condomfinder.org | find free condoms in your area

**Ask** Questions

Get **Answers** 

**Apps, Phone** Numbers. & Websites to get the Support you Need







#### **Health 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

County Clinics |

831.454.4100 (Santa Cruz) 831.763.8400 (Watsonville)

Aid Access | aidaccess.org

Provides access to safe medical abortions to people who cannot access safe abortion services.



Covered California | 800.300.1506 www.coveredCA.com.free & low-cost health insurance & Medi-Cal **Dientes I** 831.464.5418 free and low-cost dental care Health Services Agency | 831.454.4339 HIV info & testing | 831.454.2437 or 831.763.3431

#### **Mental Health**

All-Options | 888.493.0092 all-options.org pregnancy, parenting, abortion, adoption Mental Health Access Line 800 925 2335 My3 | my3app.org Stay connected when having thoughts of suicide Hospice Grief Support | 831.430.3000 Positive Discipline Community Resources

831 476 7284 x 107

## **24 Hour Crisis** Lines

**Suicide** | 831.458.5300 or 877.663.5433 **LGBTQ Suicide** |866.488.7386 Domestic Violence | 888.900.4232 or 866 269 2559 or 800 799 SAFE

**Alcohol** | 831.475.5782 **Drugs** | 855, 562,2789 Poison | 800.222.1222

Emergency | 911



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 Schoo**l | 831,429,3966 Wats/Aptos Adult Ed. | 831.786.2160 Underground Scholars | 510.643.2226 support formerly incarcerated youth get into UC Berkelev

# **Employment**

Alcance | 831.763.2174 x 206 job training & work experience Career Centers / Workforce Santa Cruz santacruzhumanservices.org/WorkForceSCC 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 **ROP** | 831.466.5760

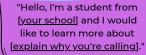
#### Food, Shelter, & Bikes

Food Hotline | 831,662,0991 Youth Homelessness Response Team | 831-227-8733

My Benefits CalWIN | 888.421.8080 mybenefitscalwin.org

www.GetCalFresh.org | food stamps application

Bike Church | 831.296.0326 | Santa Cruz Bike Shack | 831.296.0326 | Watsonville Housing Authority | 831,454,5955 Homeless Services Center | 831.458.6020 Runaway Safeline | 800.RUNAWAY **Siena House** | 831,425,2229 for moms www.free2beakid.com | clothes



To request copies of this card, contact Teen Health Outreach Program Manager, Nancy Willard at Nancy, Willard@SantaCruzCounty, us

