

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 | coolnotcoolquiz.org
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



TrevorLifeline | 1-866-488-7386

TheTrevorProject.org/get-help-now/

Diversity Center | diversitycenter.org

Queer Youth Task Force | QYTF.org

TransFamilies Support | transfamiliesca.org



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-fentanyl

*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

My 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 MyBC 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+you

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



Scan to View PDF

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 | 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

Emergency | 911

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



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

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



"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 Program
Manager, Nancy Willard at Nancy.Willard@SantaCruzCounty.us