

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



Mini Resource Guide For Teens, Youth, & Young Adults

2024-2025



Teen Health Outreach



teenhealthoutreach@santacruzcountycalifornia.gov
santacruzhealth.org

Health Care

Aid Access | 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

free & low-cost health insurance & Medi-Cal

Dientes | 831.276.7010

free and low-cost dental care

Planned Parenthood | 831.724.7525

(Watsonville)

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 pregnancy, parenting, abortion, and 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

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 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

Regional Occupational Program |

831.466.5760 | santacruzcoe.org



Food, Shelter, & Bikes

Food Hotline | 831.662.0991

My Benefits CalWIN | 888.421.8080

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 | 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

Relaciones Saludables

Línea de Crisis 24/7 | 888.900.4232 o
866.269.2559 o 800.799.SAFE

Cool Not Cool | coolnotcoolquiz.org aplicación
sobre amigos y relaciones

Love Is Respect | loveisrespect.org

Servicios Monarch | 831.722.4532

Centro de Familia y Mujeres Walnut Ave.
831.426.3062



Padres y Madres Adolescentes

**Programa de Early Start para Padres
Adolescentes**

831.688.3802 or 831.724.3885

Visitas de Enfermeras a Casa |
831.454.4339

Papás | 831.763.3123

Recursos de Disciplina Positiva |
831.288.0088

PVUSD Teen Parents | 831.786.8271
safekids.org | consejos de seguridad

Recursos para LGBTQ+

Diversity Center | diversitycenter.org

Queer Youth Task Force | QYTF.org

TransFamilies Support | transfamiliesca.org

TrevorLifeline | 1.866.488.7386

TheTrevorProject.org/get-help

LGBTQ+

Apoyo Legal

Barrios Unidos | 831.457.8208

CAB Immigration Project | 831.724.5667

DACA Información | 831.274.3159

elegibilidad para permisos de trabajo para
jóvenes indocumentados

Los Jóvenes sin Hogar Tienen Derechos

877.846.1602 FosterYouthHelp.ca.gov

Immigrants Rising | immigrantsrising.org
becas y otros recursos

Immigration Law Help | immigrationlawhelp.org
encuentra ayuda legal

Guía Legal para Jóvenes | TeenHealthLaw.org

Watsonville Law Center | 831.722.2845

Western Service Workers Association
831.429.6016 asistencia legal
para trabajadores de bajos ingresos



Drogas y Alcohol

Acceso a Narcán | www.hipscc.org/naloxone-
and-fentanyl

Alateen | 831.462.1818 | al-anon.org/alateen

Alcohólicos Anónimos | 831.475.5782

Narcóticos Anónimos | 855.562.2789

Intercambio de Jeringas | 831.454.2437

PVPSA | 831.728.6445

Servicios a la Juventud | servicios de
consejería | 831.688.8856 | recoverywave.org



Aplicaciones y Sitios Web

Bedsider | recordatorios de anticonceptivos

Clue | monitorea tu periodo/menstruación

My Sex Doctor (17+) | educación sexual

My Sex Doctor Lite (12+) | educación sexual

Pregnancy Tracker & Baby App | monitoreo de
embarazo y guía de crianza

Spot On | monitorea tu periodo/menstruación
recordatorio para anticonceptivos

Text4Baby | salud y seguridad de bebé

txt **Hookup** → **877877** información sexual y
consejos de vida

txt **Baby** or **Bebé** → **511411** manteniéndote
a ti y a tu bebé saludables



txt **MyBC** or **MiAC** → **42411**

recordatorios para anticonceptivos

**Enfermera Privada de Infecciones de
Transmisión Sexual**, Condado de Santa Cruz |
831.454.4114

bedsider.org or **bedsider.org/es**

todo sobre anticonceptivos

scarleteen.com | educación sexual
para la vida real

smartsexresource.com | información
y recursos sobre salud sexual

teensource.org | sexo+salud+tú

teensource.org/condoms/free

encuentra condones gratis en tu área



Mini Guía de Recursos Para Adolescentes, Jóvenes y Adultos Jóvenes

2024-2025



**Teen Health
Outreach**



teenhealthoutreach@santacruzcountycalifornia.gov
santacruzhealth.org

Cuidado de Salud

Aid Access | aidaccess.org ofrece acceso a abortos médicos seguros a personas que no pueden acceder servicios de aborto seguro.

Clínicas del Condado

831.454.4100 (Santa Cruz)
831.763.8400 (Watsonville)

Covered California | 800.300.1506

www.coveredCA.com

seguro de salud gratuito y de bajo costo y Medi-Cal

Dientes | 831.276.7010

cuidado dental gratuito y de bajo costo

Planned Parenthood | 831.724.7525
(Watsonville)

Salud Para la Gente | 831.728.0222

Santa Cruz Community Health Centers
831.427.3500

Línea de Vacunas | 831.219.8607



Salud Mental

All-Options | 888.493.0092
all-options.org embarazo, crianza,
aborto y adopción

Apoyo de Hospicio | 831.430.3000

Línea de Acceso a Salud Mental | 800.952.2335

Teen Line | 800.852.8336 línea de apoyo y
educación de joven a joven



Líneas de Crisis las 24 horas

Alcohol | 831.475.5782

Acceso a la Salud Mental | 800.952.2335

Violencia Doméstica | 888.900.4232

866.269.2559 o 800.799.SAFE

Drogas | 855. 562.2789

LGBTQ Suicidio | 866.488.7386

Línea de Control de Veneno | 800.222.1222

Línea de Prevención del Suicidio y Crisis

Llama o textea al 988

Prevención de Suicidio | 831.458.5300 o
877.663.5433



Participación y Actividades

Big Brothers & Big Sisters | 831.464.8691 apoyo
uno a uno

Boys & Girls Club | 831.423.3138 programa
después de escuela

CAB Luna y Sol | 831.322.9041 centro de servicios
para jóvenes y familias

Friday Night Live | 831.454.5483 opciones
saludables, liderazgo, prevención de drogas

Teen Kitchen | 831.316.4540 aprende a cocinar
para la comunidad

United Way | 831.479.5466 servicio comunitario
y liderazgo juvenil

YMCA | 831.728.9622 programa después de
escuela

Educación

Cabrillo | 831.479.6378 www.cabrillo.edu

Cabrillo ACE Program | 831.477.3340

preparando a los estudiantes
para el éxito en la universidad

Cabrillo Puente Project | 831.479.6541

tutoría y apoyo escolar

Escuela de Adultos- Santa Cruz | 831.429.3966

Watsonville/Aptos Educación de Adultos
831.786.2160

Underground Scholars | 510.643.2226
apoyo para los jóvenes anteriormente
encarcelados para entrar a UC Berkeley



Empleo

CAB | 831.763.2147 entrenamiento de trabajo y
experiencia

Career Centers/Workforce Santa Cruz |

santacruzhumanservices.org/WFSCC

servicios de ayuda para encontrar trabajo

Digital Nest | 831.722.6378 | digitalnest.org

servicios de internet gratis,
entrenamiento de computadoras

Sueños | 831.466.5672

ayuda para adolescentes para
encontrar trabajo

ROP | 831.466.5760



Comida, Refugio, y Bicicletas

Línea Directa para Alimentos | 831.662.0991

My Benefits CalWIN | 888.421.8080

mybenefitscalwin.org salud,
comida, asistencia monetaria

www.GetCalFresh.org | aplicación
para estampillas de comida (EBT)

Youth Homelessness Response Team |

831.227.8733 recursos para jóvenes sin hogar



Bike Church | 831.425.2453 (Santa Cruz)

Bike Shack | 831.296.0326 (Watsonville)

Housing Authority | 831.454.5955

Housing Matters | 831.458.602

Runaway Safeline | 800.RUNAWAY

Línea de apoyo si has huido de tu hogar

Siena House | 831.425.2229 para mamás

www.hopesclosetsc.com | ropa



Para obtener más información, lláma y di:

“
Hola, soy un estudiante de
[tu escuela] y me gustaría
aprender más sobre
[explica por qué llamas].
”

Para solicitar copias de esta tarjeta, mande un mensaje a Teen Health
Outreach al correo teenhealthoutreach@santacruzcountyc.gov