

Healthy Relationship Support

24/7 Crisis Lines | 888.900.4232 or 866.269.2559 or 800.799.SAFE

Walnut Ave Family & Women's Center | 831.426.3062

loveisrespect.org | text "LOVEIS" to 22522

Monarch Services | 831.722.4532 (Watsonville) or 831.425.4030 (Santa Cruz)



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

Community Bridges | 831.688.8840 | classes

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

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 | bit.ly/scnarcn4youth | available for free at listed locations

AI-Ateen | 831.462.1818 | ai-anon.org/alateen

Alcoholics Anonymous | 831.475.5782

Narcotics Anonymous | 855.562.2789

Needle Exchange | 831.454.2437

***PVPSA** | 831.728.6445 | pvpsa.org

***Encompass** | 831.429.8350 |

encompasscs.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 ed

smartsexresource.com | info &

resources on sexual health

teensource.org | sex+health+you

teensource.org/condoms/free |

find free condoms in your area

plancpill.org | abortion pills by mail

inneedana.com | find local abortion help



Mini Resource Guide For Teens, Youth, & Young Adults

2025-2026



Teen Health Outreach



teenhealthoutreach@santacruzcountyca.gov
santacruzhealth.org/teenhealth

Health Care

Aid Access | aidaccess.org | information on accessing safe medical abortions services

County Clinics

831.454.4100 (Santa Cruz) or
831.763.8400 (Watsonville)

Covered California | 800.300.1506 |

www.coveredCA.com | free and low-cost health insurance and Medi-Cal
Dientes | 831.621.2560 | free and low-cost dental care

Planned Parenthood | 831.724.7525

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 | peer counseling for 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

Diversity Center | diversitycenter.org

Family Services Agency | 831.423.9444



24-Hour Crisis Lines

Alcohol | 831.475.5782

Mental 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 or text
"START" to 678678

Runaway Safeline | call or text 800.RUNAWAY

Poison Control | 800.222.1222

Suicide and Crisis Lifeline | call or text 988



Engagement & Activities

Big Brothers & Big Sisters | 831.464.8691 | one-on-one mentoring

Boys & Girls Club | 831.423.3138 | after school program

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 | clubs and volunteering

Watsonville Youth Center | 831.768.3296 | field trips and activities

Santa Cruz Teen Center | 831.420.5337 | games



Education

Alternative Education | santacruzcoe.org
Cabrillo | 831.479.6378 | www.cabrillo.edu

Cabrillo Puente Project | 831.479.6541

| mentorship and academic counseling
Santa Cruz Adult School | 831.429.3966

Wats/Aptos Adult Education | 831.786.2160
Underground Scholars | 510.643.2226

| support formerly incarcerated youth get into UC Berkeley

College & Career Collaborative

| collegecareer.santacruzcoe.org
| college and career exploration

CAB Luna y Sol | 831.763.2147 | tutoring support



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 | 831.825.0484 | digitalnest.org | free high-tech and job skills training

Sueños | 831.466.5672 | develop workplace skills as a teen

YFIOB.org | job preparation



Food, Shelter, & Bikes

Thrive Hive | 831.226.3536 | for foster, probation and homeless youth

Youth Homelessness Response Team |
831.227.8733

My Benefits CalWIN | 888.421.8080
mybenefitscalwin.org | medical, food and cash assistance

Food Hotline | 831.662.0991

GetCalFresh.org | food stamps/EBT application

Bike Church | 831.425.2453 (Santa Cruz)

Bike Shack | 831.296.0326 (Watsonville)

Housing Matters | 831.458.6020

Runaway Safeline | 800.RUNAWAY

hopesclosetsc.org | 831.462.6700
| clothing and basic needs

Siena House | 831.425.2229 | for mothers



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