

## Planned Parenthood Watsonville

(Santa Cruz Location Closed)

398 S. Green Valley Rd.      Bus Routes: 72, 72W,  
Watsonville                      74S, 75, Exit on  
831-724-7525                      S. Green Valley Rd. &  
M-F: 8:30 AM to 5 PM              Pennsylvania Dr.

### Birth Control Options Available

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

### Care & Services

- HPV Vaccine
- Medication Abortion\*
- Pregnancy Testing
- PrEP/PEP
- STI/HIV Testing & Treatment

\*up to first three months of pregnancy

### Supportive Clinic Features

- Same Day Appt
- Same Day Birth Control
- LGBTQ+ Friendly
- Tele-Health
- Text Reminders
- Walk-Ins Welcome
- Spanish Speaking

## Santa Cruz Health Center

1080 Emeline Ave.                      Bus Route: 34, Exit on  
Santa Cruz                                  Emeline Ave. &  
831-454-4100                                  Sutphen  
M-F: 8 AM to 5 PM

### Birth Control Options Available

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

### Care & Services

- HPV & MPox Vaccine
- Medication Abortion\*
- Pregnancy Options Counseling
- Pregnancy Testing
- PrEP/PEP
- STI/HIV Testing & Treatment
- Alcohol and Other Drug Counseling
- Mental Health Services

\*up to first three months of pregnancy

### Supportive Clinic Features

- Calls your phone
- Texts your phone
- Same Day Appt
- Walk-Ins Welcome
- Spanish Speaking

## 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 2025-2026



### Teen Health Outreach



teenhealthoutreach@santacruzcountyca.gov  
santacruzhealth.org

## Youth Rights

In California, youth age 12 and older <sup>[1]</sup> have the **right to the following confidential services:**

- Abortion services (medications & procedures)
- Birth control
- Emergency contraception
- Medications to prevent HIV (PrEP/PEP)
- Pregnancy testing
- Pregnancy options counseling
- Prenatal care
- Testing and treatment for STIs, including HIV
- Sexual assault care <sup>[2]</sup>
- Alcohol or other drugs counseling
- Mental health counseling

<sup>[2]</sup> This may require mandated reporting. For support, contact Monarch Services 24-Hour Line: 1-888-900-4232

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** <sup>[3]</sup>

**For free or low cost services ask:**

I'm calling to receive confidential services, do you offer Fam-PACT?

<sup>[1]</sup> Age 10 and older for youth in foster care. Senate Bill 89.

<sup>[3]</sup> [teenhealthlaw.org](http://teenhealthlaw.org)

## Live Oak Health Center

1510 Capitola Rd.  
Santa Cruz  
831-427-3500

M-Th: 8 AM to 8 PM  
F: 8 AM to 5 PM  
Sat: 8 AM to 1 PM

Bus Routes: 2, 2N,  
Exit on Capitola Rd. &  
Leila Ct.

### Birth Control Options Available

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

### Care & Services

- HPV & MPox Vaccine
- Medication Abortion\*
- Pregnancy Options Counseling
- Pregnancy Testing
- Prenatal Care
- PrEP/PEP
- STI/HIV Testing & Treatment
- Alcohol and Other Drug Counseling
- Mental Health Services

\*up to first three months of pregnancy

### Supportive Clinic Features

- Calls your phone
- Texts your phone
- Same Day Appt
- Walk-Ins Welcome
- Tele-Health
- Spanish Speaking
- LGBTQ+ Friendly

## Santa Cruz

### Women's Health Center

250 Locust St.  
Santa Cruz  
831-427-3500  
M-F: 8 AM to 8 PM

Bus Routes: All,  
Exit at River Front  
Transit Center

### Birth Control Options Available

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

### Care & Services

- HPV & MPox Vaccine
- Medication Abortion\*
- Pregnancy Options Counseling
- Pregnancy Testing
- Prenatal Care
- PrEP/PEP
- STI/HIV Testing & Treatment
- Alcohol and Other Drug Counseling
- Mental Health Services

\*up to first three months of pregnancy

### Supportive Clinic Features

- Calls your phone
- Texts your phone
- Same Day Appt
- Walk-Ins Welcome
- Tele-Health
- Spanish Speaking
- LGBTQ+ Friendly

## Mountain Health Center

231 Main St. Suite A  
Ben Lomond  
831-427-3500  
M-F: 8 AM to 5 PM  
Closed 12 to 1 PM

Bus Routes: 35, 35B,  
35X, Exit on  
Hwy 9 & Main St.

### Birth Control Options Available

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

### Care & Services

- HPV & MPox Vaccine
- Medication Abortion\*
- Pregnancy Options Counseling
- Pregnancy Testing
- Prenatal Care
- PrEP/PEP
- STI/HIV Testing & Treatment
- Alcohol and Other Drug Counseling
- Mental Health Services

\*up to first three months of pregnancy

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