FOR TEENS, YOUTH, & YOUNG ADULTS
NORTH SANTA CRUZ COUNTY
2022-2023

External Condom: A barrier you wear on the penis. (Prevents STIs)

Internal Condom: A barrier you wear inside the vagina or anus. (Prevents pregnancy and STIs)

Emergency Contraception: A pill you take as soon as possible after unprotected sex to prevent pregnancy.

Ex. Condom breaks, missed pills, etc.

Patch: A sticker you wear on your skin that you replace weekly.

Implant: Inserted in the arm. Works up to 3 years.

Shot: A shot you get every 3 months.

Ring: A plastic ring you insert into the vagina and replace monthly.

Pill: A daily pill.

IUD: Inserted by a provider. Works 3-10 yrs.

Contact Us:
Teen Health Outreach (THO)
To request copies of this card, contact Teen Health Outreach Program Manager, Nancy Willard at Nancy.Willard@SantaCruzCounty.us

CONTA CT US:
<table>
<thead>
<tr>
<th>Planned Parenthood Westside</th>
<th>East Cliff Family Health Center</th>
<th>S.C. Women’s Health Center</th>
<th>S.C. (Emeline) Health Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>M-F: 8:30am-5pm</td>
<td>M-Th: 8am-8pm</td>
<td>M-Th: 8am-8pm</td>
<td>M-F: 8am-5pm</td>
</tr>
<tr>
<td>1119 Pacific Ave. Suite 200 Santa Cruz</td>
<td>Fri: 8am-5pm</td>
<td>Fri: 8am-5pm</td>
<td>1080 Emeline Ave Bldg. D, Santa Cruz</td>
</tr>
<tr>
<td>(831) 426-5550 Near Santa Cruz Metro!</td>
<td>Sat: 8am-1pm</td>
<td>Sat: 8am-1pm</td>
<td>(831) 454-4100</td>
</tr>
</tbody>
</table>

**Birth Control Options**
- Pill
- Implant
- Condoms
- Emergency Contraception
- IUD
- Ring
- Patch
- Condoms
- Emergency Contraception
- Shot
- Condoms
- Emergency Contraception

**Care & Services**
- STI/HIV Testing
- Pregnancy Testing
- Abortion Services
- Mental Health Services
- PrEP/PEP
- Spanish Speaking
- Gender-affirming care
- PrEP/PEP
- Spanish Speaking
- Gender-affirming care

**Teen Friendly Features**
- Walk-In’s Welcome
- Same Day Appointment
- Calls Your Phone
- Text Reminders
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- Text Reminders

**Contact Information**
- (831) 427-3500
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- (831) 427-3500
- (831) 454-4100

Near Santa Cruz Metro!