

SoCoYouth

Local Sonoma County teen resources:

- Health Info
- Homework help
- Job search
- School info

Looking for Help? Phone numbers for Teens

All numbers have 707 area code unless otherwise noted.

Dept. of Health Services 1-800-427-8982

(Referral/information line for health care, pregnancy care and family planning)

Safely Surrendered Baby Law www.babysafe.ca.gov

Under this law, a distressed parent who is unable or unwilling to care for an infant can legally, confidentially and safely surrender their baby within 3 days of birth. All that is required is that the baby be brought to a hospital emergency room in California. As long as the child shows no signs of abuse or neglect, no name or other information is required.

Sexuality: Pregnancy Testing & Support; STD and Anonymous HIV Testing;

Birth Control, Condoms, Emergency Contraception

HIV/AIDS Information, Services and Testing	565-4620
Alliance Medical Center/ Healdsburg	433-5494
Alexander Valley Regional Medical Ctr/Cloverdale	894-4229
Family Practice Center/Family Planning Clinic	576-4100
Forestville Clinic - West County Health Centers	887-0427
Indian Health Project	521-4545
Kaiser Permanente Teen Services (For Kaiser patients only)	
Appointments/Messages	571-4033
Teen cell phone	486-8312
Occidental Area Health Center	874-2444
Petaluma Health Center	763-7005 130
Planned Parenthood/Rohnert Park/Santa Rosa	1-800-967-7526
Riley Street Clinic - Public Health Dept	565-4820
Phoenix Teen Clinic/Petaluma	490-7298/217-3383
Public Health-Chanate Clinic	565-4820
Russian River Health Center/Guerneville	869-2849
Santa Rosa Junior College Health Services	527-4445
SRJC Health Services/Petaluma	778-3919
(SRJC services for students only)	
Sonoma Valley Community Health Ctr/Sonoma	939-6070
Southwest Community Health Center	547-2222
Women's Health Specialists for abortion	537-1171
Emergency Contraception (EC)	1-888-Not-2-LATE
Also known as the morning-after pill, can prevent pregnancy after sex. It can be taken up to five (5) days after unprotected sex	
www.not-2-LATE	

Medi-Cal

Confidential Medical Services	527-2715
Department of Human Services -- Medi-Cal	1-877-699-6868
Pregnancy, Family Planning, Sexually Transmitted Diseases, Drug/Alcohol Abuse and Outpatient Mental Health.	

Emergency Shelter for Teens

The Coffee House Shelter	1-800-544-3299
(Social Advocates for Youth)	
or 546-3432	

Resource Center for Homeless Youth

Abraxis Transition Program	568-4415
(Monday thru Friday, noon to 8 PM)	

Support for Pregnant Teens and Teen Parents

Teen Parent Connections (young fathers also)	565-4480
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Support for Teens Who Want to Keep Their Pregnancy (Abortion services and referrals are not provided)

Birthright of Petaluma -- free pregnancy testing	763-9888
Life Pregnancy Services/Sebastopol	829-6661
Pregnancy Counseling Center	575-9000
(Pregnancy testing and Medical Care)	

The Teen Resource List is intended as a helpful resource, not as an endorsement or as a comprehensive listing. While every effort has been made to ensure the accuracy of the information included, we cannot guarantee its accuracy.

Developed by Sonoma County Maternal Child Adolescent Health Advisory Board/
Teen Health Advocacy Committee
Contact: Sonoma County Department of Health Services/
Maternal Child Adolescent Health Program| Revised 3/08.ef |

24 Hour Hotlines/Emergency

Drug Overdose	911
HIV/Aids Help Line	1-800-342-2437
HIV Night-Line 5pm-5am 7days/week	1-800-273-2437
Psychiatric Emergency Services	1-800-746-8181
(includes suicide)	
United Against Sexual Assault (rape hotline)	545-7270
YWCA Domestic Violence Hotline	546-1234
Social Advocates For Youth	1-800-544-3299
Emergency Shelter and Crisis Line	
or 546-3432	

*Hot lines are confidential for rape crisis. If a counselor learns about rape on the phone it is not reportable.

To Report Child Abuse or Neglect

Child Protective Services	565-4304
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Alcohol, Drug & Tobacco Counseling (No or Low Cost)

Al-A-Teen groups (alcoholic family situations)	575-6760 ext. 1
Alcohol and Other Drug Services	565-7450
California Smokers' Helpline (to quit smoking)	1-800-NO-BUTTS
Drug Abuse Alternatives Center (DAAC)	544-3295
DAAC Needle Exchange	
544-3295	
Circuit Riders (Windsor)	838-6641 ext.8
Kaiser Permanente	
Smoking cessation programs	571-4167
Chemical Dependency Services	571-4015
(Free for members; fee for non-members)	
Contact your high school counselor for services to help quit smoking.	

Counseling (For Youth with Crisis in Their Lives)

CARE (for issues of sexual & physical abuse)	575-9166
Community Counseling Center/Rohnert Park	664-4215
(Outreach from SSU Dept. Of Counseling)	
Family Service Agency	545-4551
Kaiser Permanente	571-4015
Petaluma People's Services Center	765-8488
Rohnert Park Youth Services	584-2672
(Primarily working with diversion youth: offer info and referral)	
Santa Rosa Junior College/Santa Rosa	527-4445
Santa Rosa Junior College/Petaluma	778-3919
Santa Rosa Memorial Hospice	568-1094
(Support groups for teens dealing with death)	
Social Advocates for Youth/Healdsburg	431-7658
Social Advocates for Youth/Santa Rosa	544-3299
Social Advocates for Youth/Sonoma	996-7991
Sonoma County Mental Health	565-4810
SCAYD (So.Co. Adult and Youth Development)	793-9030
(Rohnert Park/ Cotati Youth)	
Sutter VNA and Hospice	535-5780
(Bereavement services)	
United Against Sexual Assault (UASA)	545-7270
West County Community Services	829-5710
(Some private pay; sliding scale for SRJC students only)	

Gay, Lesbian, Bi-Sexual and Transgender Youth Support Groups

Positive Images	568-5830
Counseling for Queer/Questioning Youth (James Foster)	579-4947
Gay-Straight Alliances	579-4947
Sonoma County Gay/Lesbian Info and Referral	526-0442
Parents and Friends of Lesbians and Gays (PFLAG)	1-866-350-2462

Health Care

Elsie Allen High School Health Center	528-5770
(General medical care and reproductive care/ open to Sonoma County students 12-18 years)	
Jewish Community Free Medical Clinic	585-7780
(Rohnert Park)	
Saints Jane and Mary Medical Clinic/Santa Rosa	591-9667
Same day appointments - Medi-Cal low cost	

Dental Care

St. Joseph Dental Clinic/Santa Rosa	547-2221
Cultivando la Salud/Mobile Dental Program	547-2237
Alliance Medical Center/Healdsburg	433-5494
Petaluma Health Center	763-7005
Russian River Health Center/Guerneville	869-2933
Sonoma County Indian Health/Santa Rosa	521-1600
(Non-Indian Medi-Cal patients accepted)	

Issues with Food and Body

Eating Disorders Outreach and Support Groups	778-7849
QUEST	303-3246
(Intensive outpatient program for eating disorders)	