

Sexually Transmitted Infections & HIV Resources

HOTLINES

- Centers for Disease Control and Prevention Information Line: 800-CDC-INFO (24 Hours)
- NYC Department of Health AIDS Helpline: 800-TALK-HIV (Mon-Sat 9am-9pm)

WEBSITES

- The American Social Health Association www.iwannaknow.org, www.quierosaber.org
- Sex, Etc., A Website By Teens for Teens www.sexetc.org
- GYT, MTV's It's Your Sex Life www.itsyoursexlife.com/gyt
- Scarleteen, Sex Ed for the Real World www.scarleteen.com

Pregnancy Prevention Resources

WEBSITES

- Planned Parenthood Federation of America, Teenwire www.teenwire.com
- Teen Source www.teensource.org
- Bedsider Birth Control Method Explorer <http://bedsider.org/methods>
- The Emergency Contraception Website <http://ec.princeton.edu/>
- Maria Talks www.mariatalks.com

Abusive Relationships Resources

HOTLINES

- Casa de Las Madres Teen Crisis Line: 877-923-0700

- Childhelp USA National Child Abuse Hotline: 800-422-4453 (24 Hours)
- National Teen Dating Abuse Helpline: 866-331-9474 (24 Hours)
- National Domestic Violence Hotline: 800-799-SAFE (24 Hours)

WEBSITES

- Love is Respect www.loveisrespect.org
- The Teen Action Campaign www.seeitandstopit.org
- The Safe Space www.thesafespace.org

Rape & Sexual Assault Resources

HOTLINES

- National Sexual Assault Hotline: 800-656-HOPE, Option #1 (24 Hours)

WEBSITES

- The Rape, Abuse, & Incest National Network www.rainn.org
- Coalition Against Rape www.teenpcar.com

Mental Health Resources

HOTLINES

- National Suicide Prevention Lifeline: 800-273-TALK or 888-628-9454 for Spanish (24 Hours)
- The Mental Health Association of NYC: 800-LIFENET or 800-AYUDESE (24 Hours)

WEBSITES

- Teen Mental Health www.teenmentalhealth.org
- Mind Your Mind mindyourmind.ca
- Cope Care Deal www.copecaredeal.org
- Voices of Education www.save.org

General Health Resources

HOTLINES

- Boys Town National Hotline: 800-448-3000 (24 Hours)

WEBSITES

- Go Ask Alice! www.goaskalice.columbia.edu
- TeensHealth www.teenshealth.org
- We Are Talking www.pamf.org/teen
- Center for Young Women's Health www.youngwomenshealth.org
- Young Men's Health www.youngmenshealth.org

Legal Resources

WEBSITES

- Teen Health Rights www.teenhealthlaw.org
- New York Civil Liberties Union www.nyclu.org

Nutrition & Physical Activity Resources

WEBSITES

- Choose My Plate www.choosemyplate.gov
- TeensHealth, Your Mind http://kidshealth.org/teen/your_mind/

Eating Disorders Resources

HOTLINES

- Eating Disorders Awareness and Prevention Helpline: 800-931-2237
- National Association of Anorexia Nervosa & Associated Disorders: 630-577-1330

WEBSITES

- Center for Young Women's Health www.youngwomenshealth.org
- National Eating Disorders Association www.nationaleatingdisorders.org

Tobacco Resources

HOTLINES

- National Cancer Institute Smoking Helpline: 877-44-UQUIT

WEBSITES

- ASPIRE www2.mdanderson.org/depts/aspire/site.html
- Teen Quit www.teenquit.com
- How Can I Quit Smoking? http://kidshealth.org/teen/drug_alcohol/tobacco/quit_smoking.html#
- Smokefree.gov <http://smokefree.gov>

Alcohol Resources

HOTLINES

- National Drug and Alcohol Treatment Referral Routing Service: 800-662-HELP
- National Alcoholism and Substance Abuse Information Center: 800-784-6776

WEBSITES

- TeensHealth, Drugs & Alcohol www.teenshealth.org/teen/drug_alcohol
- The Cool Spot www.thecoolspot.gov
- Al-Anon/Alateen www.alateen.org

Drug Resources

HOTLINES

- Substance Abuse and Mental Health Services Administration: 800-662-HELP (24 Hours)

- Covenant House 9-line: 800-999-9999 (Mon-Sun 2pm-12am)

WEBSITES

- Partnership for a Drug-Free America www.checkyourself.org
- National Institute on Drug Abuse for Teens www.teens.drugabuse.gov
- Free Vibe www.abovetheinfluence.com

Gay, Lesbian, Bisexual, and Transgender (GLBT) Resources

HOTLINES

- GLBT National Hotline: 888-843-4564 (Mon-Fri 4pm-12am, Sat 12pm-5pm)
- GLBT National Youth Talkline: 800-246-7743 (Mon-Fri 4pm-12am, Sat 12pm-5pm)
- The Trevor Project: 866-488-7386

WEBSITES

- Advocates for Youth www.youthresource.com
- Ambiente Joven www.ambientejoven.org
- Amplify Your Voice www.amplifyyourvoice.org/issues/glbtrights
- Gay, Lesbian, and Straight Education Network www.glsen.org

Manhattan Health Clinics

- Family Planning Center** ✨
21 Audubon Ave, 1st Fl (btw. 166th & 167th St)
Family Planning Clinic Hours (Women Only):
Mon 8am-4:30pm, Tues-Thurs 8am-7pm
Young Men's Clinic Hours (Men Only):
Mon/Tues 8am-7pm, Wed-Fri 8:30am-5pm
Phone: 866-463-2778
Website: www.youngmensclinic.org
Walk-In Appointments Available
Take the 1, A or C trains to 168th St.
- Community League Health Center** ✨
1996 Amsterdam Ave (at 159th St)
General Hours: Mon 10am-6pm, Tues/Thurs/Fri
9am-5pm, Wed 11am-7pm, Sat 9am-4pm
Phone: 212-781-7979
Website: www.chnyc.org/locations/cl
Walk-In Appointments Available,
Appointments Preferred
All Services Free
Take the 1 train to 157th St,
or the A or C train to 163rd St-Amsterdam Ave.
- Project STAY at Farrell Community Health Center**
610 W 158th St, 1st Fl
(btw. Broadway & Riverside Dr)
General Hours: Thurs 3pm-6pm
Phone: 646-284-9739
Website: <http://projectstay.net>
Walk-In Appointments Available,
Appointments Preferred
Take the 1 train to 157th St,
or the C train to 155th St.
- NYC Department of Health STD Clinic, Central Harlem***
2238 5th Ave (at 137th St)
General Hours: Mon-Fri 8:30am-4:30pm,
Sat 8:30am-1:30pm
Phone: 646-698-4410
Website: www.nyc.gov/html/doh/html/std/std2.shtml
Walk-In Appointments Only
All Services Free
Take the 2 or 3 train to 135th St.
- NYC Department of Health STD Clinic, Manhattanville Renaissance***
21 Old Broadway (at 126th St)
General Hours: Mon-Fri 8:30am-4:30pm
Phone: 212-531-7200
Website: www.nyc.gov/html/doh/html/std/std2.shtml
Walk-In Appointments Only
All Services Free
Take the 1 train to 125th St.
- The Children's Aid Society/Milbank Teen Clinic** ✨
14 W 118th St, #32
(btw. Malcolm X Blvd & 5th Ave)
General Hours: Mon/Wed/Fri 9am-5pm,
Tues/Thurs 12pm-8pm
Teen Hours: Mon/Tues 1pm-5pm, Thurs 3pm-8pm
Phone: 212-369-8339
Walk-In Appointments Available
All Services Free
Take the 2 or 3 train to 116th St.
- Helen B. Atkinson Health Center/Teens P.A.C.T.** ✨
81 W 115th St (btw. Malcolm X Blvd & 5th Ave)
General Hours: Mon/Tues/Thurs/Fri 9am-5pm,
Wed 9am-6pm, Sat 9am-2pm
Phone: 212-360-5952
Website: www.chnyc.org/locations/hba
Walk-In Appointments Available
All Services Free
Take the 2 or 3 train to 116th St.

- The Ryan Center for Women & Children**
801 Amsterdam Ave (at 99th St)
General Hours: Mon/Thurs 8:30am-7pm,
Tues/Wed/Fri 8:30am-4:30pm
Teen Hours: Thurs 3pm-7pm
Phone: 212-316-7911
Website: www.ryancenter.org/rc_home.htm
Walk-In Appointments Available
Take the 1, 2 or 3 train to 96th St.
- Mount Sinai Adolescent Health Center**
312 E 94th St (at 2nd Ave)
General Hours: Mon-Sat 8am-5pm
Phone: 212-423-3000
Walk-In Appointments Available,
Appointments Preferred
All Services Free
Take the 6 train to 96th St.
- Ryan/Chelsea-Clinton Community Health Center**
645 10th Ave (btw. 45th & 46th St)
General Hours: Mon/Tues/Thurs 8:30am-7pm,
Wed/Fri 8:30am-4:30pm, Sat 10am-2pm
(No Saturdays During Summer)
Phone: 212-265-4500
Website: www.ryancenter.org/cc_home.htm
Walk-In Appointments Available
Take the A, C or E train to 42nd St.
- NYC Department of Health STD Clinic, Chelsea***
303 9th Ave (at W 28th St)
General Hours: Mon-Fri 8:30am-3pm,
Sat 8:30am-12pm
Phone: 212-239-1723
Website: www.nyc.gov/html/doh/html/std/std2.shtml
Walk-In Appointments Available
All Services Free
Take the 1 train to 28th St, or the C
or E train to 23rd St.
- Callen-Lorde Community Health Center/Health Outreach to Teen (H.O.T.T.)** ✨
356 W 18th St (btw. 8th & 9th Ave)
General Hours: Mon-Thurs 8:15am-8:15pm,
Fri 8:15am-4:45pm, Sat 8:30am-3:15pm
H.O.T.T. Hours: Mon 10am-6pm,
Tues/Thurs 10am-7:30pm,
Wed 10am-12pm & 1:30pm-7:30pm,
Fri 10am-4:30pm, Sat 12:30pm-3pm
Phone: 212-271-7200
Website: www.callen-lorde.org/services/hott.html
Walk-In Appointments Available,
Appointments Preferred
All Services Free
Take the A, C, E or L train to 8th Ave-
14th St, or the 1 train to 18th St.
- Ryan-NENA Community Health Center**
279 E 3rd St (btw. Ave C & D)
General Hours: Mon/Thurs 8:30am-7pm, Tues/
Wed/Fri 8:30am-4:30pm, Sat 9:30am-1:30pm
Teen Hours: Thurs 3:30pm-7:30pm
Phone: 212-477-8500
Website: www.ryancenter.org/cc_home.htm
Walk-In Appointments Available
Take the F train to 2nd Ave, or the J, M
or Z train to Essex St.
- Planned Parenthood, the Margaret Sanger Center*** ✨
26 Bleecker St (at Mott St)
General Hours: Mon/Tues 8am-4:30pm,
Wed-Fri 8am-6:30pm, Sat 7:30am-4pm
Pregnancy Testing Walk-In Hours:
Tues-Sat 12:30pm-3:30pm
Phone: 212-965-7000
Website: www.ppnyc.org
All Services Free

Take the 6 train to Bleecker St, the B, D, F or M train to Broadway-Lafayette, or the N or R train to Prince St.

- The Door** ✨
555 Broome St
(btw. Varick St & 6th Ave)
General Hours:
Mon/Thurs 1:30am-6:45pm,
Tues 2pm-6:45pm,
Wed 11:30am-6:30pm,
Fri 11am-6:45pm
HIV and Pregnancy Testing
Walk-In Hours:
Mon/Wed/Thurs 12pm-6pm,
Tues 2pm-6pm,
Fri 11am-6pm
Phone: 212-453-0222
Website: www.door.org
All Services Free
Take the C or E train to Spring St, or the A, C, E
or 1 train to Canal St.
- The Charles B. Wang Community Health Center/Teen Resource Center**
125 Walker St (at Baxter St)
General Hours: Mon/Tues/
Thurs/Fri 8:30am-7pm,
Wed 9:30am-7pm,
Sat/Sun 8:30am-6pm
Teen Resource Center Hours:
Mon-Fri 3pm-7pm,
Sat/Sun 2pm-6pm
General Phone:
212-226-3888
Teen Resource Center
Phone: 212-226-8866
Website: www.trc.cbwchc.org
Walk-In Appointments
Available
Take the 6, N, Q or R train
to Canal St.

Unlike all other clinics, the clinics marked with an asterisk () do not offer comprehensive health services. Instead, they offer primarily reproductive health services.
✨ The health centers marked with a sun (☀️) receive federal funding through Title X, meaning that a teenager may get certain reproductive health services (including STI testing and methods of pregnancy prevention) for free or at a low cost. To find the nearest Title X health center to you, send a text message containing FINDFPCLINIC and a ZIP code to 368674. The reply will provide the name, address, and telephone number of the nearest Title X health center.

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