

Sexually Transmitted Infections & HIV Resources

HOTLINES

- Centers for Disease Control and Prevention Information Line: 1-800-CDC-INFO (24 Hours)

WEBSITES

- The American Social Health Association www.iwannaknow.org, www.quierosaber.org
- Sex, Etc., A Website By Teens for Teens www.sexetc.org
- Sexuality and U <http://sexualityandu.ca/teens>
- GYT, MTV's It's Your Sex Life www.GYT09.org

TEXT MESSAGE SERVICES

- Sex Info SF: 61827 (MetroPCS Users: 917-957-4280)

Contraception Resources

HOTLINES

- Sexual Health Helpline: 1-877-MA-SEX-ED or 1-877-627-3933

WEBSITES

- Planned Parenthood Federation of America, Teenwire www.teenwire.com
- Teen Source www.teensource.org
- Choosing a Birth Control Method www.arhp.org/crc/compare-methods.html
- The Emergency Contraception Website www.not-2-late.com

Abusive Relationships Resources

HOTLINES

- Childhelp USA National Child Abuse Hotline: 1-800-422-4453 (24 Hours)
- National Teen Dating Abuse Helpline: 1-866-331-9474 (24 Hours)
- Casa de las Madres Teen Crisis Line: 1-877-923-0700

WEBSITES

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

Rape & Sexual Assault Resources

HOTLINES

- National Sexual Assault Hotline: 1-800-656-HOPE Option #1 (24 Hours)
- Dove Teen Violence Dating Program: 617-471-1234 (24 Hours)

WEBSITES

- The Rape, Abuse, & Incest National Network www.rainn.org
- Coalition Against Rape www.teenpcar.com
- Men Speak Up www.menspeakup.org
- California Coalition Against Sexual Assault www.calcasa.org

Mental Health Resources

HOTLINES

- The National Hopeline Network: 1-800-SUICIDE or 1-800-442-HOPE

WEBSITES

- TeensHealth, Your Mind www.kidshealth.org/teen/your_mind
- Cope Care Deal www.copecaredeal.org

General Health Resources

HOTLINES

- The Girls and Boys Town National Hotline: 1-800-448-3000 (24 Hours)
- DYCD Youth Connect: 1-800-246-4646
- SF Youthline: 1-877-977-3399

WEBSITES

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

Legal Resources

HOTLINES

- Legal Services For Children: 415-863-3762

WEBSITES

- Teen Health Rights www.teenhealthrights.org
- ACLU of Northern California www.aclunc.org/youth
- Legal Services For Children www.lsc-sf.org

Nutrition & Eating Disorders Resources

HOTLINES

- Eating Disorders Awareness and Prevention Helpline: 1-800-931-2237
- National Association of Anorexia Nervosa & Associated Disorders: 847-831-3438

WEBSITES

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

Tobacco Resources

HOTLINES

- American Lung Association HelpLine: 1-866-727-5252
- California Smokers' Quitline: 1-800-NO-BUTTS

WEBSITES

- ASPIRE www2.mdanderson.org/depts/aspire/site.html
- Teen Quit www.teenquit.com

Alcohol Resources

HOTLINES

- National Drug and Alcohol Treatment Hotline: 1-800-662-HELP

WEBSITES

- Partnership for a Drug-Free America www.checkyourself.org
- The Cool Spot www.thecoolspot.gov
- Al-Anon/Alateen www.alateen.org

Drug Resources

HOTLINES

- Substance Abuse and Mental Health Services Administration: 1-800-662-HELP
- Covenant House 9-line: 1-800-999-9999

WEBSITES

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

LGBTQ Resources

HOTLINES

- Gay and Lesbian National Hotline: 1-888-843-4564
- GLBT National Youth Talkline: 1-800-246-7743
- The Trevor Project: 1-866-488-7386

WEBSITES

- Advocates for Youth www.youthresource.com
- Ambiente Joven www.ambientejoven.org

Oakland Health Clinics

1. Adolescent Medicine/Teen Clinic

5400 Telegraph Ave. (at 55th St.)
General Hours: Tues/Thurs 9am-5pm
Phone: 510-428-3387
 Take BART to MacArthur or AC Transit 1, 1R, 12, 18

2. Planned Parenthood MacArthur Health Center*

482 West MacArthur Blvd. (at Telegraph Ave.)
General Hours: Mon/Tues 8am-6pm, Wed/Thurs, Fri 8:30am-4pm, Sat 9am-3pm
Pregnancy Testing & Emergency Contraception Drop-In Hours: Mon/Tues 9am-3pm, Wed/Thurs 8am-2pm, Fri 12pm-2:30pm, Sat 9am-1pm
Phone: 1-800-967-7526
Website www.ppgg.org
 Take BART to MacArthur or AC Transit 1, 1R, 12, 14, 15, 18, 57

3. Chappell-Hayes Clinic at McClymonds High School

2607 Myrtle St. (at 26th St.)
General Hours: Mon-Fri 8am-4:30pm
Phone: 510-835-1393
 Appointments Preferred
 Take AC Transit 14, 72, 88, 802

4. West Oakland Health Center

700 Adeline St. (at 7th St.)
General Hours: Mon-Fri 8:30am-5pm
Phone: 510-835-9610
 Take BART to West Oakland or AC Transit 19, 62

5. Asian Health Services Youth Program

310 8th St. #103 (at Harrison St.)
 Teen Clinic is at 818 Webster St.
General Hours: Mon-Fri 1:30pm-5pm
Teen Clinic (at 818 Webster St.): Wed 5pm-7pm
Phone: 510-986-1024
Website <http://asianhealthservices.org/ahsyp/services.htm>
 Walk-In Appointments Available at Youth Program (8th St.) Only
 Take BART to 12th St. or AC Transit 11, 19, 51, 62, 63

6. Clínica Alta Vista

1515 Fruitvale Ave. (btw. 15th & 16th St.)
General Hours: Mon/Tues/Thurs/Fri 8:45am-12:30pm & 1:15pm-5:30pm, Wed 8:45am-11:30am & 1:30pm-5:30pm
Phone: 510-535-6300
Website www.laclinica.org
 Walk-In Appointments Available
 Take BART to Fruitvale or AC Transit 1, 50, 53, 62, 801

7. Planned Parenthood Eastmont Health Center*

Eastmont Mall, Suite 210
 7200 Bancroft Ave. (at 73rd Ave.)
General Hours: Mon/Tues/Thurs/Fri 8:30am-5pm, Wed 7:30am-10:30am
Pregnancy Testing: Mon-Fri 8:30am-5pm
Teen Clinic: Thurs 1pm-6pm
Phone: 1-800-967-7526
Website www.ppgg.org
 Take AC Transit 40, 50, 612, 638, 657, 805

8. Youth Uprising/Castlemont Health Center

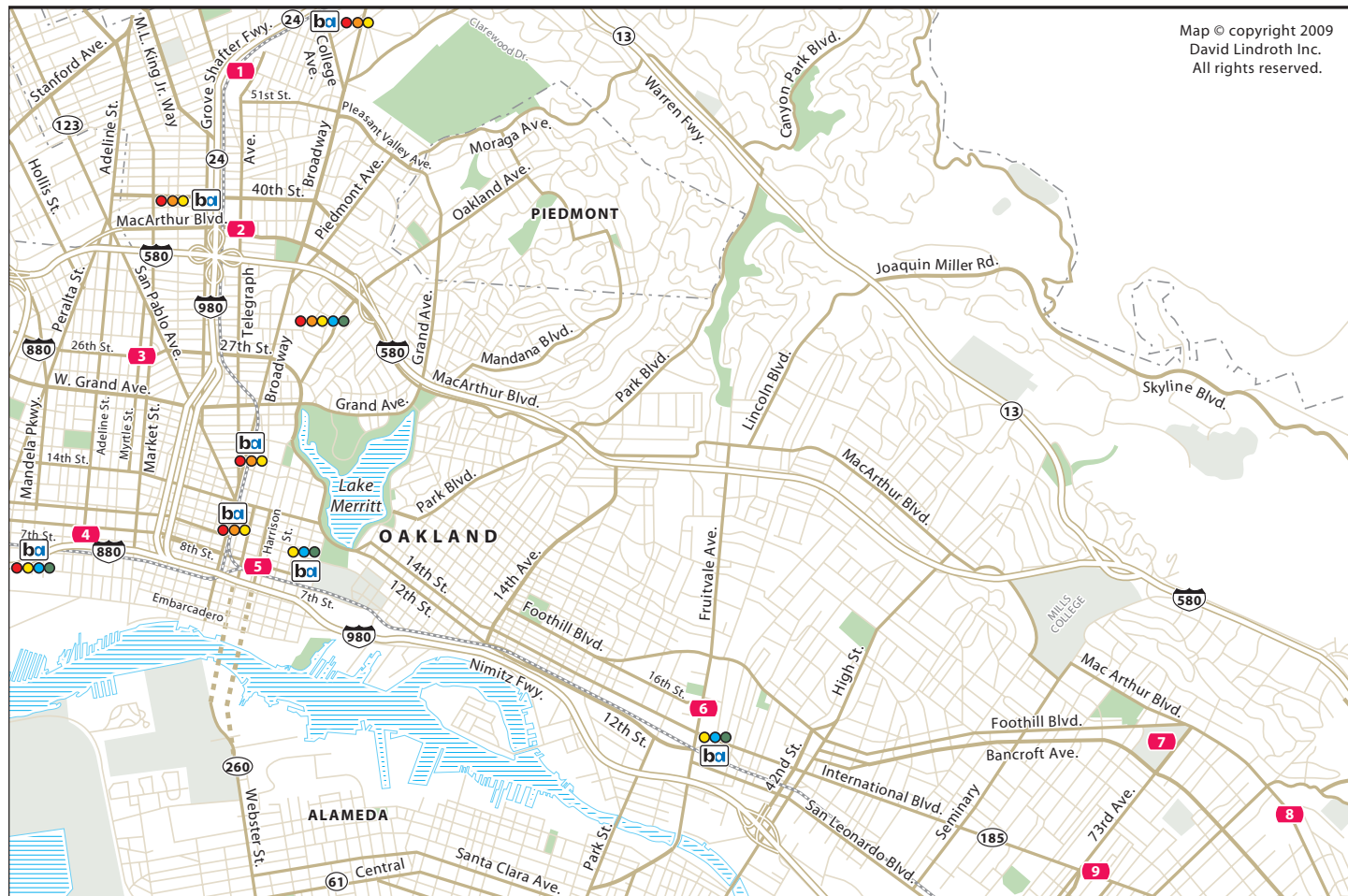
8711A MacArthur Blvd. (at 87th Ave.)
General Hours: Mon-Fri 8:30am-4:30pm
Phone: 510-428-3556
 Take AC Transit 50, 56, 98, 356, 610, 615, 640, 680

9. East Oakland Health Center

7450 International Blvd. (btw. 74th Ave. & Sunshine Ct.)
General Hours: Mon-Fri 8:30am-5pm
Phone: 510-613-2228
 Take AC Transit 1, 50, 356, 801, 805

*All listed centers offer comprehensive health services, with the exception of Planned Parenthood Eastmont and Planned Parenthood MacArthur (which primarily offer reproductive health services).

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