

Sexually Transmitted Infections & HIV Resources

HOTLINES

- Centers for Disease Control and Prevention Information Line: 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
- 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
- California Coalition Against Sexual Assault www.calcasa.org

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)
- Oakland Youthline: 888-977-3399

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

HOTLINES

- Legal Services For Children: 415-863-3762

WEBSITES

- Teen Health Rights www.teenhealthlaw.org
- ACLU of Northern California www.aclunc.org/youth

- Legal Services For Children www.lsc-sf.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: 1-630-577-1330

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
- California Smokers' Quitline: 800-NO-BUTTS

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 1pm-9pm, Sat 9am-2pm)
- GLBT National Youth Talkline: 800-246-7743 (Mon-Fri 1pm-9pm, Sat 9am-2pm)
- 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

Oakland Health Clinics

1. Adolescent Medicine/Teen Clinic

5400 Telegraph Ave (at 55th St)
General Hours: Tues/Thurs 9am-5pm
Phone: 510-428-3387

Appointments Preferred
 Northbound: Take AC Transit 1 or 1R in the direction of Berkeley BART. Get off at Telegraph & Claremont Ave. Southbound: Take AC Transit 1 or 1R in the direction of Bay Fair BART. Get off at Telegraph Ave & 55th St.

2. Oakland Technical High School-Based Clinic (TechniClinic)* ☼

Health Services for Oakland Technical High School Students Only
 4351 Broadway

General Hours: Mon/Tues/Thurs/Fri 8:30am-3:30pm, Wed 8:30am-1:30pm
Phone: 510-879-1907

Appointments Preferred
 Inbound/Outbound: Take AC Transit 51A and get off at Broadway & 42nd St.

3. Downtown Youth Clinic

at East Bay AIDS Center* ☼

Health Services for HIV-Positive Youth
 3100 Summit St, 2nd Fl

(btw. Hawthorne Ave & 30th St)
General Hours: Mon-Fri 9am-5pm
Phone: 510-921-6680

Website: www.downtownyouth.org

Appointments Preferred
 All Services Free

Northbound: Take AC Transit 1 or 1R in the direction of Berkeley BART. Get off at Telegraph & 31st St. Southbound: Take AC Transit 1 or 1R in the direction of Bay Fair BART. Get off at Telegraph & 30th St.

4. Chappell-Hayes Clinic at McClymonds High School

Open to All High School Students
 2607 Myrtle St (at 26th St)
General Hours: Mon-Fri 8:30am-4:30pm
Phone: 510-835-1393

Appointments Preferred
 Northbound: Take AC Transit 88 in the direction of Berkeley BART. Get off at Market & 27th St. Southbound: Take AC Transit 88 in the direction of Lake Merritt BART. Get off at Market & 26th St.

5. West Oakland Health Center ☼

700 Adeline St (btw. 7th & 8th St)
General Hours: Mon-Fri 8:30am-5pm
Phone: 510-835-9610

Website: <http://www.wohcc.org/>
 Appointments Preferred
 Eastbound: Take AC Transit 26 in the direction of Wala Vista & Lakeshore Ave. Get off at 7th & Adeline. Westbound: Take AC Transit 26 in the direction of Emeryville Public Market. Get off at 7th & Union St.

6. Asian Health Services Youth Program ☼

General Clinic: 310 8th St #103 (at Harrison St)
Teen Clinic: 818 Webster St.

General Hours (at 310 8th St #103):
 Mon-Fri 9am-5pm

Teen Clinic (at 818 Webster St): Wed 5pm-7pm

Phone: 510-986-1024
Website: <http://asianhealthservices.org/ahsyp/>

Walk-In Appointments Available
 Northbound: Take AC Transit 1 towards Berkeley BART. Get off at International Blvd & Fruitvale Ave. Southbound: Take AC Transit 1 towards Bay Fair BART. Get off at International Blvd & 34th Ave.

7. Clinica Alta Vista ☼

1515 Fruitvale Ave (btw. 15th & 16th St)
General Hours: Mon/Tues/Thurs/Fri 8:45am-12:30pm & 1:15pm-5:30pm, Wed 9am-11:30am & 1:30pm-5:30pm
Phone: 510-535-6300

Website: www.laclinica.org
 Walk-In Appointments Available
 Northbound: Take AC Transit 1 towards Berkeley BART. Get off at International Blvd & Fruitvale Ave. Southbound: Take AC Transit 1 towards Bay Fair BART. Get off at International Blvd & 34th Ave.

8. Fremont High School-Based Clinic (Tiger Health Clinic) ☼

Open to All High School Students
 4610 Foothill Blvd
General Hours: Mon/Tues/Thurs/Fri 8:30am-3:30pm, Wed 8:30am-1:30pm
Phone: 510-879-1600

Appointments Preferred
 Inbound/Outbound: Take AC Transit 40 and get off at Foothill Blvd & 46th Ave.

9. East Oakland Health Center

7450 International Blvd

(btw. 74th Ave & Sunshine Ct)

General Hours: Mon-Fri 8:30am-5pm
Phone: 510-430-9401

Website: <http://www.wohcc.org/>
 Appointments Preferred
 Northbound: Take AC Transit 1 or 1R towards Berkeley BART. Get off at International Blvd & 73rd Ave. Southbound: Take AC Transit towards Bay Fair BART. Get off at International Blvd & Hegenberger Rd.

10. Youth Uprising/Castlemont Health Center

Open to All High School Students
 8711A MacArthur Blvd
General Hours: Mon-Fri 8:30am-5pm
Phone: 510-428-3556

Website: <http://youthuprising.org/programs/health-wellness>

Appointments Preferred
 Inbound/Outbound: Take AC Transit 57. Get off at MacArthur Blvd & 90th Ave. Walk on MacArthur towards 89th Ave.

☼ The health centers marked with a sun (☼) participate in California's Family PACT Program, meaning that a teenager can get reproductive health services (including STI testing and methods of pregnancy prevention) for free or low cost without their parents' knowing.

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