



## Looking for Help? Phone Numbers for Teens

- Most services are low or no cost.
- Check [SoCoYouth.org](http://SoCoYouth.org) for additional phone numbers and links. School counselors, clergy and health practitioners may also be able to provide resources and support.
- All phone numbers have a 707 area code unless otherwise noted.

### 24 Hour Hotlines/Emergency

Alcohol or Drug Overdose	911
HIV/AIDS Help Line	1-800-342-2437
HIV Night-line (5pm-5am 7 days/week)	1-800-273-2437
Psychiatric Emergency Services (includes suicide)	1-800-746-8181
Social Advocates for Youth Crisis Center	1-800-544-3299
<i>Speak Up</i> (anonymous reporting weapon threats at school)	1-866-SPEAK-UP
United Against Sexual Assault (rape hotline)	545-RAPE (7273)
YWCA Domestic Violence Hotline	546-1234

### Emergency Shelter for Teens

Abraxis Transition Program (Mon-Fri, noon-8pm)	568-4415
The Coffee House Shelter	546-3432

### To Report Child Abuse or Neglect

Child Protective Services	565-4304
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### Counseling

CPI Children's Counseling Center/ Santa Rosa	585-6108 x 227
Community Counseling Center/Rohnert Park	664-4215
Circuit Riders/Windsor	838-6641 x 226
Family Service Agency	545-4551
Humanidad Counseling Center	521-4754
Kaiser Permanente	571-3778
Petaluma People's Services Center	765-8488
Rohnert Park Youth Services	584-2672
Santa Rosa Junior College/Santa Rosa	527-4445
Santa Rosa Junior College/Petaluma	778-3919
Santa Rosa Memorial Hospice (grief services)	568-1094
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
Sonoma County Adult & Youth Development (Rohnert Park/Cotati youth)	793-9030
Sonoma State University Community Counseling Center	664-4215
Sutter VNA and Hospice (grief services)	535-5780
United Against Sexual Assault	545-7270
West County Community Services	829-5717

**Mental health services are also available at many health centers.**

### Alcohol, Drug & Tobacco Counseling

Al-A-Teen groups (alcoholic family situations)	575-6760 x 1
Alcohol and Other Drug Services	565-7450
California Smokers' Helpline (to quit tobacco)	1-800-NO-BUTTS
Drug Abuse Alternatives Center (DAAC) Treatment & Needle Exchange	544-3295
Kaiser Permanente Smoking cessation programs	566-5253
Chemical dependency services	571-3835

### Gay, Lesbian, Bi-Sexual & Transgender Youth Support Groups

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

### Issues with Food and Body

Eating Disorders Outreach and Support Groups	778-7849
Kaiser Permanente - Healthy Body/Healthy Mind Eating Disorder Clinic	571-3778
QUEST	303-3246

## Legal Assistance

California Rural Legal Assistance (covers all Sonoma County)	528-9941
Sonoma County Legal Aid	542-1290
Sonoma County Legal Services Foundation	546-2924
Victim/Witness Project	565-8250

## Sonoma County Dept. of Health Services Referral line 1-800-427-8982

Referrals for pregnancy care, family planning, dental and other community resources.

## Medi-Cal, Eligibility & Economic Assistance 1-877-699-6868

### Confidential Medical Services for Sexuality

- Birth Control including condoms & Emergency Contraception
- Pregnancy testing & counseling
- STD testing including HIV

*Parents don't have to be notified. Anything you say about sex, drugs, and feelings is confidential unless you tell us:*

- You are being abused
- You are going to hurt yourself or someone else

*T=Teens only; G=Guys clinic; A=Abortion services provided*

Alexander Valley Regional Medical Center/Cloverdale	894-4229
Alliance Medical Center/Healdsburg	433-5494
Elsie Allen High School Health Center/Santa Rosa (T)	528-5770
Open to Sonoma County students 12-18 years.	
Forestville Teen Clinic – West County Health Centers (T)	887-0427
HIV/AIDS Information, Services and Testing	565-4620
Kaiser Permanente Teen Services (T)	
Appointments/Messages	393-4033
Confidential Teen Phone Number	486-8312
Occidental Area Health Center	874-2444
Petaluma Health Center (T)	559-7543/559-7500
Phoenix Teen Clinic/Petaluma (T)	490-7298/217-3383
Planned Parenthood/Rohnert Park (A)	1-800-967-7526
Public Health – Chanate Clinic/Santa Rosa (T/G)	565-4820
Riley Street Clinic/Santa Rosa (T/G)	565-4820
Russian River Health Center/Guerneville	869-2849
Santa Rosa Junior College Health Services	527-4445
SRJC Health Services/Petaluma	778-3919
Sonoma County Indian Health Project/Santa Rosa	521-4545
Sonoma State University Student Health Center	664-2921
Sonoma Valley Community Health Center/Sonoma (T)	939-6070
Southwest Community Health Center/Santa Rosa	
Lombardi Clinic (T)	547-2222
Chanate Family Practice Center (A)	303-3600
Women's Health Specialists/Santa Rosa (A)	537-1171

Emergency Contraception (EC), also known as Plan B or the morning-after pill, **can prevent pregnancy up to 5 days after unprotected sex.** Request EC from the clinic along with your regular birth control method. EC is also available directly from a pharmacy participating in the access program (check 1-888-NOT-2-Late for local sites) and over-the-counter if you are 18 yrs or older. Prescription costs will vary; **FREE** for those with an up-to-date Family PACT card.

### Support for Pregnant Teens and Teen Parents

Teen Parent Connections	565-4480
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### Free Adoption Information and Services

California State Adoption	588-5000
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### Safely Surrendered Baby Law: [www.babysafe.ca.gov](http://www.babysafe.ca.gov)

A parent who is unable or unwilling to care for their new baby can legally, confidentially, and safely give up their child within 3 days of birth. No name or other information must be given. **The baby should be brought to a hospital emergency room.**

*Developed by Sonoma County Teen Health Advocacy Committee & Maternal Child Adolescent Health Program; Revised November 2008  
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