



## Looking for Help? Phone Numbers for Sonoma County Teens

- Most services are free or low cost.
- School counselors, clergy and health practitioners may be able to provide additional resources and support.
- All phone numbers have a 707 area code unless otherwise noted.
- To access Kaiser services, you must be a member except for buying Emergency Contraception
- Check websites for more phone numbers and links:

[www.SoCoYouth.org](http://www.SoCoYouth.org) , [www.myelsie.org](http://www.myelsie.org) , [www.scpoc.org](http://www.scpoc.org) , [www.teensource.org](http://www.teensource.org)

### 24 Hour Hotlines/Emergency

Alcohol or Drug Overdose	9-1-1
<b>HIV Night-line</b>	1-800-273-2437
Suicide Prevention & Crisis Intervention	1-855-587-6373
Social Advocates for Youth (SAY) 1-888-SAY-0012	1-888-729-0012
National Runaway Hotline	1-800-786-2929
Anonymous reporting weapon threats at school	1-866-SPEAK-UP (1-866-773-2587)
Verity (formerly United Against Sexual Assault)	545-RAPE (7273)
YWCA Domestic Violence Hotline	546-1234

### Shelters/Drop-in and Teen Centers

The Coffee House (24/7 drop-in teen shelter)	1-888-729-0012
VOICES Sonoma	579-4327
CHOPS (drop-in teen center)	284-2467
Tamayo Village (long term housing)	544-5446
Valley of the Moon Teen Center	939-1452

### To Report Child Abuse or Neglect

Child Protective Services	565-4304
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### Counseling - mental health services are also available at many health centers

Community Counseling Center/Rohnert Park	664-4215
Center for Social& Environmental Stewardship Windsor/Cloverdale	838-6641 x 255
Elsie Allen High School Health Center	583-8777
Family Service Agency	545-4551
Forestville Teen Clinic	887-0427
Kaiser Permanente/Santa Rosa	571-3778
Petaluma People Services Center	765-8488
Santa Rosa Junior College/Santa Rosa (for SRJC students)	527-4445
Santa Rosa Junior College/Petaluma (for SRJC students)	778-3919
Santa Rosa Memorial Hospice (grief services)	568-1094
Social Advocates for Youth/Santa Rosa	544-3299
Social Advocates for Youth/Sonoma	996-7991
Sonoma County Indian Health	521-4550/ 483-1942
Sonoma County Mental Health	565-6900
Sonoma County Adult & Youth Development Rohnert Park/Cotati	793-9030 x 105
Sutter VNA and Hospice (grief services)	535-5780
Verity (formerly United Against Sexual Assault)	545-7270 x 14
West County Community Services	829-5717

### Alcohol, Drug & Tobacco Counseling

Al-A-Teen groups (alcoholic family situations)	575-6760 x 1
Alcoholics Anonymous	544-1300
Narcotics Anonymous	324-4062
California Smokers' Helpline (to quit tobacco)	1-800-NO-BUTTS
Drug Abuse Alternatives Center (DAAC) alcohol/drug treatment & needle exchange Kaiser Permanente/Santa Rosa	544-3295
Smoking cessation programs	566-5277
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
Positive Images (peer counseling)	1-866-PI-LGBTQ 568-5830
Sonoma County Gay/Lesbian Info and Referral	526-0442
Sonoma County Transclinic (at Vista Family Health Center)	303-3600

### Counseling for Issues with Food and Body

Info & support group for issues with eating disorders	778-7849
Kaiser Permanente/Santa Rosa	571-3778
Psych Strategies	303-3243

### Legal Assistance

California Rural Legal Assistance (for all Sonoma County)	528-9941
Sonoma County Legal Aid	542-1290
Sonoma County Legal Services Foundation	546-2924
Victim Assistance Center	565-8250

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

Referrals for pregnancy care, birth control, 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

*T=Teens only; G=Guys clinic; D=Drop-in services; A=Abortion services provided*

*\*Must be enrolled student to receive services*

Alexander Valley Healthcare/Cloverdale	894-4229
Alliance Medical Center/Healdsburg	433-5494
Alliance Medical Center/Windsor	837-0119
Alliance Teen Health Center (T) (D)	431-1170
Elsie Allen High School Health Center/Santa Rosa (T)	583-8777
Open to all Sonoma County students 12–19 years	
Forestville Teen Clinic (T) (D)	887-0427
Kaiser Permanente/Petaluma (OB/Gyn)	765-3940
Kaiser Permanente/Santa Rosa	
Pediatrics	393-4033
OB/Gyn (A)	393-4081
Occidental Area Health Center	874-2444
Petaluma Health Center (T) (D)	559-7543
Phoenix Teen Clinic/Petaluma (T) (D)	217-3383
Planned Parenthood/Santa Rosa (A) (D)	527-7656
Russian River Health Center/Guerneville	869-2849
Santa Rosa Junior College Health Services/Santa Rosa	527-4445
Santa Rosa Junior College Health Services/Petaluma	778-3919
Sebastopol Community Health Center	824-9999
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
Santa Rosa Community Health Centers/Santa Rosa	
Lombardi (T) (D) (G)	547-2222
Vista (T) (D) (G) (A)	303-3600
Women's Health Specialists/Santa Rosa (A) (D) (G)	537-1171

*Text "HOOKUP" to 61827 to get started; then CLINIC + your zip code to find a clinic near you*

#### Support for Pregnant Teens and Teen Parents

Teen Parent Connections	565-4440
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#### Free Adoption Information and Services

\*County of Sonoma, Human Services Department 565-4300  
Family, Youth & Children's Division, 1202 Apollo Way, Santa Rosa

***Parents don't have to be notified.***  
***Anything you say about sex, drugs, and your feelings is confidential unless you tell us:***  
***You are being abused***  
***You are going to hurt yourself or someone else***

**Emergency Contraception (EC)** is known as the morning-after pill. There are different brands available: *Plan B*, *Next Choice* and *Ella*. It can prevent pregnancy up to 5 days after unprotected sex. Be prepared, request EC from your clinic along with your regular birth control method.

EC is available at most clinics and some pharmacies. [www.not-2-late.com](http://www.not-2-late.com) lists local clinics & pharmacies that provide EC.

EC is **FREE** for those with a prescription and an up-to-date Family PACT or Medi-Cal card. For those paying cash, cost will vary.

As of June 30, 2013, a prescription is required for those less than 17 years to obtain EC but it is likely that new rules will go into effect later this year. Check with your pharmacy.

**ACCESS Healthline:** 800-376-4636  
Provides referral to abortion services in the bay area and assists women with transportation and other barriers if needed.

**Condom Access Project** –Visit [teensource.org](http://teensource.org) to learn where to pick up free condoms in Sonoma County.

**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.**

\*Replaces California State Adoption Agency effective July 1, 2013