MIND: COUNSELING
Redwood Coast Regional Center
(707) 445-0893
525 2nd Street
Evaluation of children with developmental or speech delay ages 3-7. Early Start Program ages 0-3 as long as disability has taken place before the age of 18.

Mental Health 24-hour Crisis Line
(707) 445-7715

24 HOUR CRISIS LINES

<table>
<thead>
<tr>
<th>Service</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Emergencies</td>
<td>911</td>
</tr>
<tr>
<td>Mental Health 24-hour Crisis Line</td>
<td>707-445-7715</td>
</tr>
<tr>
<td>Youth Services Bureau 24-hour Youth Crisis Hotline</td>
<td>707-444-2273</td>
</tr>
<tr>
<td>North Coast Rape Crisis Team 24-hour Crisis Line</td>
<td>707-445-2881</td>
</tr>
<tr>
<td>Humboldt Domestic Violence Services 24-hour Crisis Line</td>
<td>707-443-6042</td>
</tr>
<tr>
<td>Child Welfare Services—Child Abuse Intervention</td>
<td>707-445-6180</td>
</tr>
<tr>
<td>National Runaway Hotline</td>
<td>1-800-621-4000</td>
</tr>
<tr>
<td>Alcoholics Anonymous 24-hour Hotline</td>
<td>707-442-0711</td>
</tr>
<tr>
<td>California Poison Control 24-hour Hotline</td>
<td>1-800-876-4766</td>
</tr>
<tr>
<td>Suicide Prevention 24 hour Hotline</td>
<td>1-888-SUICIDE</td>
</tr>
</tbody>
</table>

BODY: PHYSICAL FITNESS & SYSTEMS OF CARE

California Children's Services, Health Dept.
(707) 445-6212
A program which treats children with certain physical limitations and diseases.

Child Health Disability Prevention
Department of Health and Human Services
(707) 445-6210
Provides exams, immunizations & follow-up treatment for children & teens.

Planned Parenthood
(707) 442-5709
2316 Harrison Ave, Eureka, CA 95501
Provides low & no cost pregnancy testing/ and counseling, birth control, exams, health inform., infection checks, & HIV testing and counseling.
Teen Friendly Websites

www.teenpregnancy.org
www.advocatesforyouth.org
www.teenwire.com
www.youthresource.com
www.ambientejoven.org

www.mysistahs.org
www.acne.org
www.sxetc.org
www.teenadviceonline.org
www.iwannaknow.org

Humboldt County Health Care & Family PACT Clinics
Free Confidential Birth Control, STD/HIV Testing & Treatment Services for Teens

Humboldt County Health Department
STD Testing & Treatment
529 I Street, Eureka • 707-445-6200

Humboldt Open Door Clinic
Teen Clinic Wednesdays, 3-5 p.m.
770 10th St., Arcata • 707-826-8610

McKinleyville Community Health Center
Teen Clinic—days and times may vary
1644 Central Ave., Suite F, McKinleyville
707-839-3068

Mobile Medical Clinic (various locations)
Teen Clinics at Fortuna/East High Schls
707-443-1186 for appt. information

Redwoods Rural Health Center
101 Westcoast Road, Redway
707-923-2783

Redwood Women’s Health Center
3307 Renner Drive, Fortuna
707-725-6108

Six Rivers Planned Parenthood
Teen Clinic Thursdays 2:30-5:00 p.m.
3225 Timber Fall Court, Eureka
707-442-5700

Southern Humboldt Community Clinic
509 Elm Street, Garberville
707-923-3925

United Indian Health Services
1600 Weott Way, Arcata
707-825-5010

Willow Creek Public Health Dep
Teen Clinic Wednesdays 9 a.m.-4 p.m.
77 Walnut Way, Willow Creek
530-629-2410
SPIRIT: CEREMONY, LANGUAGE & TRADITIONAL HEALING
Check with your tribe and United Indian Health Services Community Services for upcoming events

COMMUNITY: ECONOMIC & EDUCATIONAL SUPPORTS

Northern California Indian Development Council
241 F Street
Eureka, CA 95501
(707) 445-8451 phone
(707) 445-8479 fax
Emergency assistance, employment and training services, education support

Northcoast Big Brothers/Big Sisters
428 C St. Suite G
Eureka, CA 95501
(707) 445-4871

Redwood Family Institute
2606 Myrtle Ave.
Eureka, CA 95501
(707) 444-8895
Family, child & adolescent counseling. Family assessment also available.

Teen Pregnancy & Parenting Network
Public Health
529 I. St.
Eureka, CA 95501
(707) 476-4914

Y.E.S. (Youth Educational Services)
(707) 826-4965
Geared toward low-income families to provide activities to help develop self-esteem.
Call for more information.

Youth Services Bureau (YSB)
Crisis Hotline (707) 444-2273 (444-CARE)
Office (707) 443-8322
Support, shelter, and contact for runaways.