

Youth Sexual Health Websites & Hotlines

SEXUAL HEALTH, BIRTH CONTROL, PREGNANCY & STIS

General Sexual Health Info sites for youth:

amaze.org	plannedparenthood.org/learn/teens
iwannaknow.org	powertodecide.org/teen-talk
scarleteen.com	teenhealthsource.com/ (fun quizzes)
sexetc.org	teensource.org

Bedsider: In-depth Information about Birth Control

bedsider.org
1-888-321-0383

Learn about or locate condoms for free
(you can also download CondomFinder app)

www.factsaboutcondoms.org
www.condomfinder.org

Emergency Contraception Hotline

1-800-521-5211

All Options: nonjudgmental support for pregnant teens & their partners: explore ALL your pregnancy options

all-options.org
1-888-493-0092

Exhale: nonjudgmental after-abortion support & talkline

exhaleprovoice.org
866-4-EXHALE (866-439-4253)

National STI/HIV Hotline (CDC)

1-800-232-4636

Send an anonymous STI tip to a past sexual partner

dontspreadit.com

Yes to Sex: mobile Consent app for ensuring consensual sex

yestosex.com

LGBTQQIA+ RESOURCES

Pacific Center, Berkeley
Programs for LGBTQQIA+ 13-17 year-olds & friends

pacificcenter.org/youth-programs
510-548-8283

LGBTQ Center, Oakland
Services for LGBTQQIA+ 13-17 year-olds

oaklandlgbtqcenter.org/youthservices
510-882-2286

LYRIC, San Francisco & Online
Programs & teen talk-line for LGBTQ+ youth & allies

lyric.org
1-800-246-PRIDE (77433)

TrevorSpace: Online
meet LGBTQ+ friends, ages 13-24, from around the world

trevorspace.org/

they2ze mobile app: trans health services & peer support

yth.org/projects/innovate-they2ze/translifeline.org

InterACT: advocacy for intersex youth & their families

interactadvocates.org

HELP FOR SEXUAL, RELATIONSHIP, & COMMUNITY VIOLENCE

24 HOUR CRISIS HOTLINE: A Safe Place
Domestic/Teen Dating Violence Services & Shelter

asafeplacedvs.org
510-536-SAFE (7233)

24 HOUR HOTLINE: SAVE
Help for Domestic & Intimate Partner Violence

save-dv.org
510-794-6055

24 HOUR SUPPORT SERVICES: BAWAR
Support for Survivors & Victims of Sexual Assault/Rape

www.bawar.org
510-845-RAPE (7273)

24 HOUR SEXUAL ASSAULT LINE: RAINN
Rape Abuse Incest National Network

rainn.org
1-800-656-HOPE (4673)

24 HOUR SUPPORT LINE:
National Domestic Violence Hotline

1-800-799-SAFE (7233)

Report sexual assault online

projectcallisto.org

Community United Against Violence (CUAV):
LGBTQ+ Intimate Partner & Community Violence

cuav.org
1-415-333-HELP (4357)

One Love:
end relationship abuse & learn about healthy relationships

joinonelove.org

National Human Trafficking Resource Center (NHTRC)

traffickingresourcecenter.org
1-888-373-7888

CRISIS SUPPORT

24 HOUR CRISIS HOTLINE
Suicide or Depression Support, Alameda County

crisissupport.org/get-help-now/
1-800-309-2131

24 HOUR CRISIS TEXT LINE
Text any time for support during a crisis

crisistextline.org
Text "HOME" to 741741

24 HOUR LGBTQ+ CRISIS/SUICIDE PREVENTION
Hotline, chat, or text START to 678-678

thetrevorproject.org/get-help-now/
1-866-488-7386

24 HOUR TRANS LIFELINE
Crisis support by and for transgender people

translifeline.org/
1-877-565-8860

Eating Disorder Awareness & Prevention
For crisis, text "NEDA" to 741741

myneda.org
1-800-931-2237

24 HOUR SUBSTANCE ABUSE HELP
ACCESS Alameda County Services

1-800-491-9099