

**NORTHERN CALIFORNIA INDIAN DEVELOPMENT COUNCIL, INC.  
WELLNESS RESOURCE LIST FOR YOUTH IN HUMBOLDT COUNTY**

**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**

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

**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](http://www.teenpregnancy.org)

[www.advocatesforyouth.org](http://www.advocatesforyouth.org)

[www.teenwire.com](http://www.teenwire.com)

[www.youthresource.com](http://www.youthresource.com)

[www.ambientejoven.org](http://www.ambientejoven.org)

[www.mysistahs.org](http://www.mysistahs.org)

[www.acne.org](http://www.acne.org)

[www.sxetc.org](http://www.sxetc.org)

[www.teenadviceonline.org](http://www.teenadviceonline.org)

[www.iwannaknow.org](http://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 10<sup>th</sup> 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

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**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.*