

## **YOUTH-FRIENDLY CLINICS**

### **Boyle Heights/East LA - 90022, 90023, 90063**

ALTAMED HEALTH SERVICES (Boyle Heights)  
3945 Whittier Blvd  
Los Angeles, CA 90023  
(888) 499-9203

CLINICA SANTA MARTA (Boyle Heights)  
3742 Whittier Blvd  
Los Angeles, CA 90023  
(323) 780-4100

ALTAMED HEALTH SERVICES (East LA)  
5427 Whittier Blvd  
East Los Angeles, CA 90022

PLANNED PARENTHOOD – EAST LOS ANGELES HEALTH CENTER (East LA)  
5068 Whittier Blvd  
East Los Angeles, CA 90022  
(800) 576-5544

### **South LA - 90001, 90003, 90062**

CENTRAL CITY COMMUNITY HEALTH CENTER  
5970 S Central Ave  
Los Angeles, CA 90001  
(323) 234-3280

FREMONT WELLNESS CENTER – UMMA  
7821 Avalon Blvd  
Los Angeles, CA 90003  
(323) 789-5610

HUBERT H. HUMPHREY COMPREHENSIVE HEALTH CENTER  
5850 S Main St  
Los Angeles, CA 90003  
(323) 897-6000

PLANNED PARENTHOOD – DOROTHY HECHT HEALTH CENTER  
8250 S Broadway  
Los Angeles, CA 90003

(800) 576-5544

THE CLINIC  
3834 S Western Ave  
Los Angeles, CA 90062  
(323) 730-1920

**Southeast LA - 90255, 90280**

LAKHA RUMI D.O. INC.  
7136 Pacific Blvd  
Huntington Park, CA 90255  
(323) 588-5467

ALTAMED HEALTH SERVICES  
8627 Atlantic Ave  
South Gate, CA 90280  
(888) 499-9203

SAINT JOSEPH FAMILY MEDICAL  
2643 Santa Ana St  
South Gate, CA 90280  
(323) 277-9010

VICTORIA MEDICAL GROUP  
3314 Firestone Blvd  
South Gate, CA 90280  
(323) 567-4483

**San Diego - 92114**

DIAMOND NEIGHBORHOODS FAMILY HEALTH CENTER  
4725 Market St  
San Diego, CA 92102  
(619) 515-2560

PLANNED PARENTHOOD – EUCLID AVENUE FRANCIS TORBERT HEALTH CENTER  
220 Euclid Ave Suite 30  
San Diego, CA 92114  
(888) 743-7526

## All - General resources, domestic/intimate partner violence, human trafficking

### 2-1-1 Los Angeles County

2-1-1 LA County can conduct a free developmental screening over the phone to see how your child is learning, behaving or growing for his or her age.

Phone 2-1-1

Website [www.211la.org](http://www.211la.org)

Hours Calling 2-1-1 LA is FREE and available 24 Hours a day, 7 days a week.

#### Lesson 1:

- [FamilyPact](#): Clinics, birth control, STIs
- [MyHealthMyInfo](#): Keeps medical information confidential
- [Teensource.org](#): Clinics, birth control, STIs, relationships
- Additional resource: [PocketGuide LA](#): Clinics, hotlines
- Additional resource: [Hotlines and Online Resources](#)

#### Lesson 8

- [Cool not Cool: Relationship quiz game](#)
- [Love is Respect](#): peer advocates for relationships that you can talk to anytime, 24/7. Call 1-866-331-9474 or Text "loveis" to 77054 (standard text rates apply)
- [Kids Helpline](#): Confidential 24/7 online and phone counselling service for young people aged 5 to 25. Based out of Australia. Resources and articles for a variety of topics available on the website.
- National Domestic Violence Hotline at 1-800-799-SAFE (7233)
- National Human Trafficking Hotline at 1-888-373-7888 for a confidential call or text "HELP" or "INFO" to 233733 for confidential help.
- Rape, Abuse, Incest National Network (RAINN): 800.656.HOPE (4673)

#### Bodies, Birth Control, and STIs:

- <https://kidshealth.org/en/teens/sexual-health>
- <https://www.plannedparenthood.org/learn/teens/puberty>
- <https://amaze.org/>
- <https://www.cdc.gov/hiv/basics/index.html>

#### Gender and Sexual Identities:

- <https://www.lgbtcenters.org/LGBTcenters>
- <https://www.thetrevorproject.org/>
- <https://genderspectrum.org/audiences/youth>
- <http://sendtherightmessage.ca/>
- [What it's like to be intersex](#)

- [Trans teens talk about what it's like to be trans](#)
- [The meaning of Mahu](#)
- [Gend o meter](#)

Pregnancy and Parenting:

- <http://www.teenhealthrights.org/>
- <https://www.all-options.org/>

Mental Health Support:

- <http://walkinourshoes.org/>
- <https://suicidepreventionlifeline.org/chat/>
- **California Youth Crisis Line at 1-800-843-5200**
- **The Suicide Hotline at 1-877-727-4747**

**In-Person Mental Health Support:**

*East LA*

California Hispanic Commission on Alcohol & Drugs (CHCADA) - MASA Youth Services:  
Specialize in innovative methods to serve mental health services and drug abuse among children and teens.

Phone 323-222-4591

Website [www.chcada.org](http://www.chcada.org)

Address 2309 Daly St.,

Los Angeles, CA 90031

Mental Health & Addiction Services for Adolescents

Phone 323-222-4591

Address 2309 Daly St.,

Los Angeles, CA 90031

Enki Health & Research Systems

East Los Angeles and San Gabriel Valley Areas.

Phone 323-832-9795

Website [www.egrs.com](http://www.egrs.com)

Address Margarita Mendez Youth & Family 1000 Goodrich Blvd.,

Commerce, CA 90022

*South LA*

T.H.E Health & Wellness Centers

Phone 323-730-1920

Website [www.tohelpeveryone.org](http://www.tohelpeveryone.org)

Address 3834 S. Western Ave  
Los Angeles, CA 90062

Hathaway-Sycamores  
Phone 323-257-9600  
Website [www.hathaway-sycamores.org](http://www.hathaway-sycamores.org)  
Address 840 N. Avenue 66, Los  
Angeles, CA 90042

Hyde Park School Mental Health Clinic  
Phone 323-541-1600 Ext. 1100  
Website [www.thelatruster.org](http://www.thelatruster.org)  
Address 6519 S. 8th Ave., Bungalow 46, Los Angeles, CA 90043