

Planned Parenthood Watsonville

(Santa Cruz Location Closed)

398 S. Green Valley Rd. Bus Routes: 72, 75, Exit
Watsonville on S. Green Valley Rd.
831-724-7525 & Pennsylvania Dr.
M-F: 8:30 AM to 5 PM
Sat: 8 AM to 4:30 PM

Birth Control Options Available

- Condoms
- Emergency Contraception
- Implant
- IUD
- Patch
- Pill
- Ring
- Shot

Care & Services

- HPV Vaccine
- Medication Abortion up to first three months of pregnancy
- Plan B Available at Front Desk for \$11
- Pregnancy Options Counseling
- Pregnancy Testing
- PrEP/PEP
- STI/HIV Testing & Treatment

Supportive Clinic Features

- Same Day Appt
- Calls your phone
- Text Reminders
- Tele-Health
- Spanish Speaking
- LGBTQ+ Friendly

Gender affirming care available with parental consent.

Santa Cruz Health Center

1080 Emeline Ave.
Santa Cruz
831-454-4100
M-F: 8 AM to 5 PM

Bus Route: 34, Exit on
Emeline Ave. &
Sutphen

Birth Control Options Available

- Condoms
- Emergency Contraception
- Implant
- IUD
- Patch
- Pill
- Ring
- Shot
- All Available Same Day

Care & Services

- HPV & MPox Vaccine
- Medication Abortion up to first three months of pregnancy
- Pregnancy Testing
- Pregnancy Options Counseling
- PrEP/PEP
- STI/HIV Testing & Treatment

Supportive Clinic Features

- Same Day Appt
- Calls your phone
- Text Reminders
- Walk-Ins Welcome
- Spanish Speaking
- LGBTQ+ Friendly

Gender affirming care available with parental consent.

Types of Birth Control



Pill:
A pill taken daily



IUD:
Inserted by a medical provider
Effective for 3-10 years



Shot:
A shot someone gets every 3 months
by a medical provider



Implant:
Inserted by a medical provider in the arm.
Effective for up to 5 years



Ring:
A plastic ring someone will insert into
the vagina and replace monthly



Patch:
A sticker someone wears on their skin
that is replaced weekly



External/Internal Condom:
A barrier someone wears.
(Prevents pregnancy & STIs)



Emergency Contraception:
IUD insertion or a pill someone can take 0-5 days
after unprotected sex to prevent pregnancy
(condom breaks, missed birth control pill, etc.)

Confidential Services For Teens, Youth, & Young Adults

North County Santa Cruz
2026-2027

Service Availability as of July 2026



Teen Health
Outreach



teenhealthoutreach@santacruzcountycalifornia.gov
santacruzhealth.org/teenhealth

Youth Rights

In California, youth age 12 and older have the **right to the following confidential services:**

- Abortion services (medications & procedures)
- Birth control
- Emergency contraception
- Medications to prevent HIV (PrEP/PEP)
- Pregnancy testing
- Pregnancy options counseling
- Prenatal care
- Testing and treatment for STIs, including HIV
- Sexual assault care ^[1]
- Alcohol or other drugs counseling
- Mental health counseling

^[1] This may require mandated reporting. For support, contact Monarch Services 24-Hour Line: 1-888-900-4232

Youth can get these services without needing permission from their parents/guardians **AND** without parents/guardians being notified. Youth can excuse themselves from school for these visits. **IT'S CALIFORNIA LAW** ^[2]

For free or low cost services ask:

I'm calling to receive confidential services, do you offer Fam-PACT?

^[2] teenhealthlaw.org

Live Oak Health Center

1510 Capitola Rd.
Santa Cruz

831-427-3500

M-Th: 8 AM to 8 PM

F: 8 AM to 5 PM

Sat: 8 AM to 12 PM

Bus Routes: 2,
Exit on Capitola Rd. &
Leila Ct.

Birth Control Options Available

- | | |
|---------------------------|---------|
| • Condoms | • Patch |
| • Emergency Contraception | • Pill |
| • Implant | • Ring |
| • IUD | • Shot |
- All Available Same Day

Care & Services

- | | |
|---|--|
| • HPV Vaccine | • STI/HIV Testing & Treatment |
| • Medication Abortion up to first three months of pregnancy | • Alcohol and Other Drug Counseling |
| • Pregnancy Options Counseling | • Mental Health Services must see primary doctor first |
| • Pregnancy Testing | |
| • PrEP/PEP | |

Supportive Clinic Features

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|--------------------|--------------------|
| • Same Day Appt | • Tele-Health |
| • Calls your phone | • Spanish Speaking |
| • Text Reminders | • LGBTQ+ Friendly |
| • Walk-Ins Welcome | |

Gender affirming care available with parental consent.

Santa Cruz

Women's Health Center

250 Locust St.
Santa Cruz

831-427-3500

M-Th: 8 AM to 8 PM

F: 8 AM to 5 PM

Bus Routes: All,
Exit at River Front
Transit Center

Birth Control Options Available

- | | |
|---------------------------|---------|
| • Condoms | • Patch |
| • Emergency Contraception | • Pill |
| • Implant | • Ring |
| • IUD | • Shot |

Care & Services

- | | |
|---|--|
| • HPV Vaccine | • Prenatal Care |
| • Medication Abortion up to first three months of pregnancy | • PrEP/PEP |
| • Pregnancy Options Counseling | • STI/HIV Testing & Treatment |
| • Pregnancy Testing | • Mental Health Services must see primary doctor first |

Supportive Clinic Features

- | | |
|--------------------|--------------------|
| • Same Day Appt | • Tele-Health |
| • Calls your phone | • Spanish Speaking |
| • Text Reminders | • LGBTQ+ Friendly |
| • Walk-Ins Welcome | |

Mountain Health Center

231 Main St. Suite A
Ben Lomond

831-427-3500

M-F: 8 AM to 5 PM

Closed 12 to 1 PM

Bus Routes: 35, 35X,
Exit on Hwy 9 &
Main St.

Birth Control Options Available

- | | |
|---------------------------|---------|
| • Condoms | • Patch |
| • Emergency Contraception | • Pill |
| • Implant | • Ring |
| • IUD | • Shot |

Care & Services

- | | |
|---|--|
| • HPV Vaccine | • STI/HIV Testing & Treatment |
| • Medication Abortion up to first three months of pregnancy | • Alcohol and Other Drug Counseling |
| • Pregnancy Options Counseling | • Mental Health Services must see primary doctor first |
| • Pregnancy Testing | |
| • PrEP/PEP | |

Supportive Clinic Features

- | | |
|--------------------|--------------------|
| • Same Day Appt | • Tele-Health |
| • Calls your phone | • Spanish Speaking |
| • Text Reminders | • LGBTQ+ Friendly |
| • Walk-Ins Welcome | |