



Make the Call

Are you in danger and need help?

Call 911 or

Sonora Police Department	532-8141
Tuolumne County Sheriff's Department	533-5815
Report a Crime Hotline	984-1911
Poison Control	800-222-1222
Foster Care Assistance	877-846-1602
Mt. Women's Resource Center	533-3401
24 Hour Crisis Line	800-454-4766
Child Welfare Services	533-5717

**Are you thinking about hurting
yourself or running away?**

Suicide Prevention 24 hour crisis line	588-9528
California Youth Crisis Hotline	800-843-5200
Mental Health 24 hour crisis line	533-4357
Runaway Hotline	800-Runaway
National Suicide Hotline	800-273-TALK
Girls and Boys Town Hotline	
call with any problem any time	800-448-3000

Are you in trouble?

Are you having problems with your peers?

Talk with an adult you trust, your parents, a school counselor, a teacher, the principal, or someone in your neighborhood. It is important to talk about your feelings and work out a solution to the problem. You deserve to be happy and safe. Don't wait! Talk to someone. You'll feel better.



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**Do you have health issues
and/or need help?**

Behavioral Health	588-9528
Public Health- Birth Control/STD testing	533-7400
Sonora Regional Medical Center	532-5000
Foothill Pregnancy Center	536-9262
Sierra HOPE (STD Information)	736-6792
Youth Talk Line for gay/lesbian peer support	800-246-PRIDE

DO YOU...

Have a problem with alcohol or drug use?

Alcohol/Drug Services	588-9528
Alcoholics Anonymous	533-1134
Narcotics Anonymous	533-2348
California Smoker's Hotline	800-662-8887

Need food, housing, or transportation?

A-TCAA	533-1397
Interfaith	532-0905
Tuolumne County Transit	532-0404

Helpful Websites

Gay, Lesbian youth www.youthresource.com
Bullying Info. www.stopbullyingnow.hrsa.gov
Runaway Hotline www.1800runaway.org
Infonet Tuolumne County www.infonettc.org
Recreation www.tcRecreation.com
Job Opportunities www.motherlodejobconnection.org
Facts of Life Line www.plannedparenthood.org

Do you have a private health problem?

Young people can speak confidentially to a licensed health care provider at the Public Health Clinic at 20111 Cedar Road North in Sonora. Some health care services, such as birth control and STD/HIV testing, can be done anonymously and completely free of charge.

PUBLIC HEALTH CLINIC:

533-7400 or 533-7401

Want to add to our card? Call 533-5663

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