

## Real Health Facts

- Sleep is vital to your well-being, as important as the air you breathe, the water you drink and the food you eat. It can even help you to eat better and manage the stress of being a young person.
- Transgender individuals are less likely to have health insurance than heterosexual or LGB individuals.
- It takes approximately 20 minutes for your brain to know that your stomach is full.
- A can of soda contains approximately 10 tablespoons of sugar.
- Dehydration can cause headaches, crankiness and fatigue. Sometimes you may think you are sick when really your body just needs water.
- 46% of runaway and homeless youth reported being physically abused. 17% reported being sexually exploited and 38% reported being emotionally abused.

Brought to you by youth  
Ginger B, Kendall B, and  
Emmi B, members of the  
Multi-Center Youth Advisory  
(MYAB), a collaboration  
between:



## San Francisco Health Information

Ages 12-24  
Underserved Youth and  
Minorities



# Youth Clinics

## Services for All Youth

### Balboa Teen Health Center

Phone: 415.469.4512  
1000 Cayuga Ave, Room 156, San Francisco 94112 (near  
Alemany and Onandaga)

Clinic Serves: youth ages 12 to 18

Hours: for Balboa high school students: Mon, Tue, Th, Fr:  
8:30 –5:00 Wed: 10:30-5:00, for other middle or high school  
students: Mon. – Thu: 3:15 – 5:00 pm

Services: primary care, reproductive health care, health  
education, mental health and substance abuse counseling.

### Cole Street Youth Clinic

Phone: 415.751.8181  
Cole Street @ Haight, San Francisco 94117

Clinic Serves: all SF youth or any homeless-runaway youth,  
young adult ages 12-24; any CA youth for reproductive  
health care; bill FamPACT, MediCal, CHDP, SFHP

Hours: Mon, Tues, Fri: 9:00 – 5:00. Closed for lunch  
everyday: 1-2pm. Wed: 9:00-1:00 Thurs: 9:30-6:00. Clients  
are seen daily by appointment or drop-in, as possible; same  
day appointments usually available. Please call to refer or  
client can call directly.

Services: primary care, reproductive health care and  
psychosocial services. Health education is available through  
Huckleberry Youth Programs, our non-profit partner.

### Hip Hop Clinic

Phone: 415.337.4719  
446 Randolph Street, San Francisco CA 94132  
Clinic Serves: Youth in the OMI neighborhood, ages 12-24

Hours: Mon and Thurs afternoons 1:00 – 5:00pm  
Drop-in and appointments accepted

Services: primary care, reproductive healthcare; behavioral  
health services currently available Monday afternoons.

### Hawkins Youth Clinic

Phone: 585.2451  
1099 Sunnysdale Avenue 3rd floor, San Francisco CA94134  
Clinic Serves: youth in the Visitacion Valley neighborhood, ages  
12-24

Hours: currently Wednesday afternoon, 2-6pm

Services: currently focusing on reproductive health care and STD  
screening. (Primary care to be offered in the near future)

### Larkin Street Youth Clinic

Phone: 415.673.0911 x259  
1138 Sutter St, San Francisco 94109 (between Polk and Larkin)  
Clinic Serves: homeless and runaway youth, ages 12-24;  
specialty clinic (129 Hyde Street) for any HIV positive youth (call  
for further info)

Hours: Mon, Wed-Fri: 9:00-5:00 Closed for lunch everyday: 1-  
2pm Tues 11:00-5:00 Drop-in all hours; call for appointment

Services: primary care, reproductive health care- drop-in, case  
management, housing and other services provided by Larkin  
Street Youth Services.

### 3rd Street Youth Center and Clinic

Phone: 415.822.1707  
5190 3rd Street, San Francisco CA 94124  
Clinic Serves: Youth in the Bayview/Hunter's Point  
neighborhood, ages 12-24

Hours: Tues, Wed and Thurs, 1-5pm Drop-in and appointments  
each day

Services: primary and reproductive health care; behavioral health  
services for 12-24 - other psychosocial and recreational  
programming for youth under 18.



Collage comp created by Kendall B.

“Hope will never be silent.”

-Harvey Milk

## Queer Services

### Dimensions Clinic

Phone: 415.487.7589  
3850 17th Street, San Francisco CA 94114  
Clinic Serves: LGBTQ youth with specialty services  
for transgender youth, 12-25  
Hours: Thursday 5-8pm; Saturday 12-4pm  
Services: primary, reproductive and sexual health  
care; behavioral health, case management

### Lyric

Phone: 415.703.6150  
E-mail: lyricinfo@lyric.org  
<http://lyric.org/about.html>  
127 Collingwood Street, San Francisco, CA 94114  
One block west of Castro between 18th & 19th St.

LYRIC's mission is to build community and inspire  
positive social change through education  
enhancement, career trainings, health promotion,  
and leadership development with lesbian, gay,  
bisexual, transgender, queer, and questioning  
youth, their families, and allies of all races, classes,  
genders, and abilities.

### Mobile HIV Testing @CandyShop

<http://twitter.com/candyshopsf>  
San Francisco

Are you a fabulous person of color, trans identified  
or gender-questioning, between age 24 and 14?  
Check out our mobile HIV testing with  
INCENTIVES\$. (they pay for people in these  
categories to get HIV tested).

### Gay and Lesbian Medical Association

<http://www.glma.org/>