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:

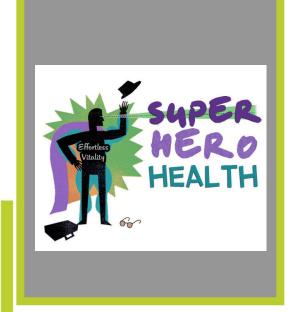






San Francisco Health Information

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

<u>Hours</u>: 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

<u>Services:</u> 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

<u>Clinic Serves</u>: 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
<u>Hours:</u> 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.

<u>Services:</u> 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

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

Hawkins Youth Clinic

Phone: 585.2451

1099 Sunnydale Avenue 3rd floor, San Francisco CA94134

<u>Clinic Serves:</u> youth in the Visitacion Valley neighborhood, ages
12-24

Hours: currently Wednesday afternoon, 2-6pm

<u>Services:</u> 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

<u>Hours:</u> Tues, Wed and Thurs, 1-5pm Drop-in and appointments

each day

<u>Services</u>: 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 INCENTIVE\$. (they pay for people in these categories to get HIV tested).

Gay and Lesbian Medical Association

http://www.glma.org/