



DEL NORTE COUNTY YOUTH RESOURCES

DOMESTIC VIOLENCE & INTIMATE PARTNER VIOLENCE

Love is Respect

“Love is respect is the national resource to disrupt and prevent unhealthy relationships and intimate partner violence by empowering young people through inclusive and equitable education, support, and resources.”

Contact: (866) 331-9474

Text: LOVEIS to 22522

Website: <https://www.loveisrespect.org/>

Last Verified On: 02/04/2025



EDUCATION & EMPLOYMENT

California Student Aid Commission

“If you are or were in foster care for at least one day, between the ages of 16 and 18 as a dependent or ward of the court and have financial need, you may qualify for up to \$5,000 a year for career and technical training or college. You don’t have to pay this money back. You may also be able to use your grant to help pay for child care, transportation and rent while you’re in school. You can use your Chafee Grant at any eligible California college or university or career or technical school, as well as schools in other states.”

Website: <https://chafee.csac.ca.gov/>

Last Verified On: 02/04/2025

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MENTAL HEALTH SERVICES

Your Life Your Voice

"You don't have to face your problems alone. If you are having thoughts of harming yourself or you are being abused, please call us. These are serious issues that are best handled in one-on-one conversations with counselors. Counselors are ready for your call 24/7."

Contact: (800) 448-3000

Text: VOICE to 20121

Website:

<https://www.yourlifeyourvoice.org/Pages/home.aspx>

Last Verified On: 02/04/2025

CalHOPE – Soluna

"Mental Health coaching and resources for teens and young adults ages 13-25."

Website: <https://solunaapp.com/>

Last Verified On: 02/04/2025

SafeSpace

"SafeSpace is a youth-led, mental health-focused organization that empowers young people to engage openly with their local schools and communities. We create and implement initiatives to change the conversation around mental health by educating and encouraging our peers to speak up, support others, and seek help when needed."

Website: <https://safespace.org/>

Last Verified On: 02/04/2025

SafeSpace Stories – Podcast

"Weaving the voices of teens, mental health experts, and inspiring individuals into a cohesive experience, SafeSpace stories is your mental health resource."

Website:

<https://www.safespacestories.org/projects-7>

Apple Podcast:

<https://podcasts.apple.com/us/podcast/safespace-stories/id1595738668>

Spotify:

https://open.spotify.com/show/49338MHg6LAE_nBaOq1RSSC?si=b97a00f41db94211&nd=1

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PHC MEMBER BENEFITS

Sensitive Services

Sensitive Services includes services for Family Planning, STD testing and treatment, AIDS/HIV testing, and Abortion (ending pregnancy) counseling and services.

You can go to your PCP directly, or any Medi-Cal provider for sensitive services. You do not need Prior Approval.

All members have the right to confidentiality when getting these services.

Website:

<http://www.partnershiphp.org/Members/Medi-Cal/Pages/Benefits.aspx#phpFaqlItem28>

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YOUTH CENTERS

Coastal Connections

“Coastal Connections is a youth and young adult resource center funded through Mental Health Service Act (MHSA), staffed by Prevention Programs staff. The center serves youth and young adults, from 14 to 25 yrs old. The center provides both prevention and early intervention services with resources and referrals for needs that cannot be met directly on site.”

Location: 475 K Street
Crescent City, CA 95531

Contact: (707) 464-3060

Website:

<https://connectdelnorte.org/family/#:~:text=Coastal%20Connections%20is%20a%20youth,14%20to%2025%20yrs%20old.&text=The%20Department%20of%20Community%20%26%20Family,2006%20by%20the%20Tribal%20Council>

Last Verified On: 02/04/2025

YOUTH PROGRAMS

Reach for Success Peer Mentoring

“High school aged mentors facilitate the Second Step curriculum to 5th grade student’s afterschool for 18 sessions a year. Second Step curriculum is an evidence based program for emotional and social development...We provide training, snack, and transportation to the schools and home. At the end of each school year we have a celebration dinner for the participants and their families.”

Contact: (707) 464-7223

Text: (707) 954-8287

Website: <http://www.co.del-norte.ca.us/departments/health-human-services/public-health/public-health-programs/preventionprograms/reach-for-success-peer-mentoring>

Last Verified On: 02/04/2025

Botvin Life Skills

“LifeSkills Training is comprehensive, dynamic, and developmentally designed to promote positive youth development. In addition to helping kids resist drug, alcohol, and tobacco use, the *LifeSkills Training* Middle School program also effectively supports the reduction of violence and other high-risk behaviors....”

Website: <http://www.co.del-norte.ca.us/departments/health-human-services/public-health/public-health-programs/preventionprograms/life-skills>

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