Where to Turn for HELP

\*All hotlines are toll-free and confidential. They are available 24 hours a day, seven days a week unless otherwise noted.

**San Rafael Police**: Non-Emergency - (415) 485-3000

**Planned Parenthood (Bay Area)** - 1-800-230-PLAN & www.plannedparenthood.org

**Mill Valley Branch**: 141 Camino Alto, Suite 1 Mill Valley, CA 94941 p: 415.380.8797

-Information from experts on teen sexuality and sexual health

-Referrals to local clinics

-Clinics provide information on safer sex, contraceptive devices, pregnancy tests, STD & HIV tests, and referral to other doctors

**National Youth Crisis Hotline-** 1-800-442-HOPE

-Information and how to get help if you or a loved one is being physically, emotionally, or sexually abused

**National Domestic Violence/Child Abuse Hotline-** 1-800-799-SAFE (7233)

<http://www.ndvh.org>

-Helps caller identify possible solutions immediately or in case of emergency

-Information on domestic violence, intervention programs for batterers, the criminal justice system, and related issues.

-Referrals to local shelters, social services, and legal programs

**Marin** **Rape Crisis Hotline-**  415-924-2100

**Sex Laws**: Sexlaws.org

* Great resources on laws regarding sexting, age of consent, statutory rape and sexual assault

**Huckleberry house** – San Francisco and San Rafael Resources on; counseling, health and wellness and healthy relationships.

* Also offers continuous 24-hour crisis services and emergency shelter to high-need youth between the ages of 11 and 17. Located on Page Street (at Lyon) in San Francisco.