



Special Thanks to El Paso City-County  
Health and Environmental District  
Population Based Advisory Group.

Robert Avila, EPCCHED  
Janice Masters, Americas High School  
Hilda Chavarria, The Medical Institute  
Randy R. Gutierrez, EPCCHED  
Irene Ovalle, EPCCHED  
Cynthia Gonzalez, EPCCHED  
Isabel Soto, EPCCHED  
Rececca Palacios, Border Research Solutions

# Teen Resource HandBook

“Created by Teens for Teens”



# Teen Resources in our Community

*Have you ever wondered what to do or who to go to when things are not going your way? Maybe you have asked yourself some of the following questions:*

What do I do if I need to talk to someone?

I can't stop drinking, how can I get help?

Why can't I quit smoking?

What if I am pregnant?

Who can I talk to if my partner is violent?

How do I know if I have a sexually transmitted disease (STD) or infection (STI) ?

*The following pages are a list of resources that can hopefully help answer some of life's toughest questions.*

Remember you can always speak to your parents, school counselor, school nurse, a trusted adult, or relative regarding any issue you are experiencing.

## Calling Tips

What will I say when I call one of these agencies?

You may begin the phone conversation with the following statement:

"Hello...I am calling for information regarding (state the reason you are calling)

Ask how long before you can receive an appointment.

Ask for the cost of services and if your parent needs to be present to sign any forms.

Remember to always ask who you spoke with and document the time and date.

### **DON'T BE AFRAID to VOICE CONCERNS:**

1. If treated bad, ask why are you treating me this way, very nicely.
2. Be polite and ask to speak with a Supervisor.

**Runaway Center of El Paso**  
**2116 N. Stevens St.**  
**El Paso, Texas 79930**  
**915-562-4765**

**STAR Program:**

Services: Individual/Family Counseling  
Cost: Free if family income is less than \$63,000 annually  
Age: 7-17 years  
Confidential: Parents need to be informed  
Appt/Walk in: Appointment only

**Runaway Services:**

Services: Shelter for kids who are homeless or runaways  
Cost: Free  
Age: Any age  
Confidential: Parents will be informed. The goal is to unite families and provide counseling.  
Appt/Walk in: Walk in

**Texas Department Health & Human Services**  
**Children's Medicaid Center**  
**Texas Work Program**  
**1-866-543-7633**

**Runaway Hotline**  
**1-800-532-6459**  
Toll Free/24 hours

**Texas Runaway Hotline**  
**1-888-580-4357**  
Toll Free/24 hours

**CHIP**  
**Children's Health Insurance Program**  
**1-800-647-6558**  
[www.chipmedicaid.org](http://www.chipmedicaid.org)

**TABLE OF CONTENTS**

**INDEX**

- 3 Substance Abuse**
  - Drugs*
  - Alcohol*
  - Teen Smoking*
  
- 7 Mental Health**
  - Eating Disorders*
  - Depression*
  - Suicide*
  
- 11 Violence**
  - Rape*
  - Physical Abuse*
  
- 14 Sexual Health**
  - Sexually Transmitted Diseases*
  - Teen Pregnancy*
  - Contraception*
  
- 19 Miscellaneous**
  - Medicaid*
  - Food Stamps*
  - Poison Control*
  
- 22 Calling Tips**
  - What to say when contacting an agency or clinic*



“The overindulgence in and dependence on an addictive substance, either alcohol or a narcotic drug”

## Miscellaneous

### **Texas Works 915-834-7591 Administration Office**

Services: Information for Food Stamps, Medicaid, CHIP, and TANF (temporary assistance for needy families)  
Cost: No cost to fill out application or receive information  
Age: Any age  
Appt/Walk in: Appointment

### **West Texas Regional Poison Control Thomason General Hospital 4815 Alameda Ave. El Paso, Texas 79905 1-800-222-1222**

Services: Information and assistance regarding poison ingestion and/or other substances.  
Cost: No cost to speak with health care professional  
Age: Any age  
Confidential: Yes  
Appt/Walk in: Open 24 hours/7days week; no appointments or walk ins, initial contact is by phone

### **National Runaway Switchboard 1-800-runaway(786-2929)**

Services: Assist youth in crisis, provide runaway education, free transportation home  
Cost: Free  
Age: Any age  
Confidential: Yes  
Appt/Walk in: Phone line is available 24 hrs/day  
Web Address: [www.1800runaway.org](http://www.1800runaway.org)



**RUNAWAY**

**POISON CONTROL**

**CHIP, MEDICAID, TANF**

**Drug and Alcohol**

**Alcoholics Anonymous**  
**3328 Alameda Ave.**  
**El Paso, Texas 79905**  
**915-838-6264**

Services: 12 Step Recovery Program (available in Spanish)  
Cost: Free  
Age: Any age  
Confidential: Yes  
Appt/Walk in: Walk in  
Web Address: [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

**Aliviane**  
**5160 El Paso Dr.**  
**El Paso, Texas 79905**  
**915-779-4527**

Services: Outpatient Drug and Substance Abuse Counseling  
Cost: Based on Income/Sliding Scale  
Age: 18 or older  
Confidential: Yes  
Appt/Walk in: Appointment only  
Web Address: [www.aliviane.org](http://www.aliviane.org)

**Aliviane Youth**  
**2007 Texas Ave.**  
**El Paso, Texas 79901**  
**915-775-2501**

Services: Group Counseling, Substance Abuse and Behavioral  
Cost: Sliding Scale, based on income  
Age: under age 18 (parents consent required)  
Confidential: Yes  
Appt/Walk in: Appointment Only

# Teen Smoking

**Centro San Vicente Health Center**  
**8061 Alameda Ave.**  
**El Paso, Texas 79915**  
**915-859-7545**

Services: Tobacco classes, medical counseling, PAP smears, STD testing  
Cost: Tobacco classes (\$40 if court ordered); all other services based on sliding scale  
Age: Any age  
Confidential: Yes  
Appt/Walk in: Individuals must register first  
Web Address: [www.sanvicente.org](http://www.sanvicente.org)

**American Lung Association of Texas Western Region**  
**4141 Pinnacle St. Suite 212**  
**El Paso, Texas 79902**  
**915-532-6776**

Services: Smoking cessation classes through Paso Del Norte  
Cost: Free  
Age: 13-19 years old  
Confidential: Yes  
Appt/Walk in: Facilitators are trained to provide classes

**Reproductive Services**  
**730 E Yandell Dr**  
**El Paso, TX 79902**  
**(915) 544-2861**

Services: Pregnancy testing, Termination, Pap smear, birth control pills, counseling for options.  
Confidential: Any age for birth control  
Yes (if less than 13 years of age must report to appropriate agency)  
Appt/Walk in: Both

**Woman's Reproductive Clinic**  
**500 E Schuster Ave # B**  
**El Paso, TX 79902**  
**(915) 542-2811**

Services: Pap smear, Birth Control  
Age: Over 18  
Confidential: Yes  
Appt/Walk in: Both

**SIERRA Teen Health Resource Center**

**4717 Hondo Pass, Suite F – Northeast  
El Paso, Texas 79924  
915-755- TEEN (8336)**

**110 Candelaria – East  
El Paso, Texas 79907  
915-859-TEEN (8336)**

**710 East 7th St – Central  
El Paso, Texas 79901  
915-532-TEEN (8336)**

Services: Free Pregnancy Testing  
Cost: Free  
Age: Any age  
Confidential: Yes  
Appt/Walk in: Walk in

**La Fe Care Clinic  
1505 Mescalero  
El Paso, Texas 79925**

Services: HIV Testing  
Cost: Free  
Age: 16 and over  
Confidential: Yes  
Appt/Walk in: Walk in





“ A state of emotional and psychological well-being in which an individual is able to use his or her cognitive and emotional capabilities, function in society, and meet the ordinary demands of life”



**Family Planning (Thomason Hospital)  
4824 Alberta Ave Ste 403  
El Paso, Texas 79905  
915-532-5454**

Services: STD (sexually transmitted disease) testing  
PAP smear, Birth Control  
Cost: Free if under age 18  
Age: Any age  
Confidential: Yes  
Appt/Walk in: Appointment

**Primera Luz Women’s Center  
10501 Gateway Blvd W  
El Paso, Texas 79925  
915-875-1200**

Services: STD testing, PAP smears, Birth Control  
Cost: Accept Medicaid, Medicare, Insurance, Self Pay  
Age: Any age  
Confidential: Yes  
Appt/Walk in: Walk in’s and appointments  
(prefer appointments)

**HIV/STD Testing Center  
10710 Gateway Blvd  
El Paso, Texas  
1-800-682-3047**

Services: HIV/STD Testing  
Cost: Student’s receive 50% discount, charge is based on income  
Age: 16 and up  
Confidential: Yes  
Appt/Walk in: Referral only (call 1-800 number and they can assist you with referral process. 16

## STDs, Teen Pregnancy, and Birth Control

**El Paso City-County Health and Environmental District**  
**5115 El Paso Drive**  
**El Paso, Texas 79905**  
**915-771-1200**

Services: Testing for Gonorrhea, Syphilis, Chlamydia, and HIV  
 Cost: Based on income, if not working cost is \$15.00 and max cost is \$55 which includes treatment  
 Student Cost: \$15.00  
 Age: 14 and older  
 Confidential: Yes, unless HIV is positive, parents will be informed  
 Appt/Walk in: Walk in M-F 8-11 a.m., M-Thurs. 12:30 -3p.m.

**Planned Parenthood Central Office**  
**2817 East Yandell**  
**915-566-6707**

Services: STD (sexually transmitted disease) Testing, PAP exams, Birth Control  
 Cost: Free for individuals 17 and under \$60-\$120  
 Age: Any age; once individual becomes sexually active  
 Confidential: Yes  
 Appt/Walk in: Appointment  
 Web Address: [www.plannedparenthood.org](http://www.plannedparenthood.org)

**Planned Parenthood**

(other locations that do not provide discounts)

East: 915-595-1564  
 West: 915-585-8881  
 Northeast: 915-755-0012

## Eating Disorders

**Family Services of El Paso**  
**6040 Surety Drive**  
**El Paso, Texas 79905**  
**915-781-9900**

Services: Provide Counseling in areas of relationships, child and adolescent problems, depression, anxiety, crime victims,  
 Cost: Sliding fee, insurance, Medicaid, CHIP  
 Age: Any  
 Confidential: Yes  
 Appt/Walk in: Need to call for appointment  
 Web address: [familyservicesofelpaso.com](http://familyservicesofelpaso.com)

**Children's Grief Center**  
**123 W. Mills Ave. Suite 650**  
**El Paso, Texas 79901**  
**915-532-6004**

Services: Grief and support of a death of a loveone. Peer support Thursdays 6-8 p.m.  
 Cost: \$35 for interview, \$20 per session, or individuals may donate what they can afford  
 Age: 5-21 years  
 Confidential: Adults and children attend different groups  
 Appt/Walk in: Families call to schedule appointment for interview and assessment  
 Web address: [www.cgelpaso.org](http://www.cgelpaso.org)

## Depression/Suicide

**Child Crisis Center**  
**915-562-7955**  
**2100 N. Stevens St.**  
**El Paso, Texas 79930**

Services: Parenting classes, support center, prevent child abuse and neglect. Offer temporary emergency shelter for children up to age 13 in a crisis.

Cost: Free

Age: Birth – 13 years old

Confidential: Yes

Appt/Walk in: Walk in's

Web Address: [www.childcrisiselpaso.org](http://www.childcrisiselpaso.org)

**Child Guidance Center**  
**2701 E. Yandell Dr.**  
**El Paso, Texas 79903**  
**915-562-1999**

Services: Individual/group therapy and counseling

Cost: Sliding Scale or Insurance accepted

Age: under 18 must be accompanied by adult

Confidential: Yes

Appt/Walk in: Appointment only

**El Paso Psychiatric Center**  
**4615 Alameda Ave.**  
**El Paso, Texas 79905**  
**915-532-2202**

Services: Mental Health services (depression, suicide, any other mental health issue)

Cost: Based on income; insurance accepted

Age: to be admitted, must be accompanied by adult

Confidential: Yes

Appt/Walk in: Both



**Sexually Transmitted Diseases**

**Sexual Health**

**Sexually Transmitted Infections**

**Making the right choice**

**Teen Pregnancy**

# Rape/Physical Abuse

**Center Against Family Violence**  
580 Giles Rd  
El Paso, Texas 79915  
(915) 593-7300

**Child Crisis Center**  
2100 N. Stevens St.  
El Paso, Texas 79930  
(915) 562-7955

Services: Parenting classes, support center, prevent child abuse and neglect. Offer temporary emergency shelter for children up to age 13 in a crisis.

Cost: Free

Age: Birth – 13 years old

Confidential: Yes

Appt/Walk in: Walk in's

Web address: [www.childcrisiselpaso.org](http://www.childcrisiselpaso.org)

**Child Abuse and Neglect Hotline**  
1-800-252-5400

**El Paso Center for Domestic Violence**  
1-800-727-0511

**Project VIDA**  
3607 Rivera Avenue  
El Paso, Texas 79905  
915-533-7057

Services: Family doctor refers to counselor

Cost: Based on income

Age: Any age

Confidential: Parents need to register

Appt/Walk in: Appointment

**American Association of Suicidology**  
Crisis Line 1-800-784-2433  
[www.suicidology.org](http://www.suicidology.org)

**NAMI (National Alliance on Mental Illness)**  
1-800-784-2433  
[www.nami.org](http://www.nami.org)

**National Hope Line Network**  
1-800-784-2433  
[www.hopeline.com](http://www.hopeline.com)

**National Suicide Prevention Lifeline**  
1-800-273-8255  
1-800-199-4889  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)



“The use of physical force against a person causing injury. The crime of forcing another person to submit to sex acts, especially sexual intercourse”

## Rape/Physical Abuse

**STARS**  
**710 N. Campbell**  
**El Paso, Texas 79902**  
**915-533-7700**  
**24 hour confidential hotline: 915-779-1800**  
**Sierra Medical Rape Specialist RN – 915-747-2475**

Services: Rape/Sexual Assault crisis intervention for victims and families at the hospital (Sierra Medical or William Beaumont Army Medical Hospital).  
Cost: Free  
Age: Any age  
Confidential: Yes  
Appt/Walk in: Appointments  
Web Address: [www.stars-elpaso.org](http://www.stars-elpaso.org)

**Woman’s Resource Center**  
**580 Giles Rd.**  
**El Paso, Texas 79915**  
**915-595-2238**

Services: Counseling  
Cost: Free  
Age: No Parents Necessary  
Confidential: Yes  
Appt/Walk in: Appointments

**Sierra Medical Center**  
**1625 Medical Center**  
**El Paso, Texas 79902**  
**915-747-4000**  
**Rape Specialist/Nurse 915-747-2475**