

# Youth Sexual Health Resource List



## Relationship Support



**Bradley Angle  
House Shelter**  
503-232-1528  
bradleyangle.org



**Call to Safety\* 24/7**  
503-235-5333 or  
888-235-5333  
calltosafety.org



**Proyecto UNICA\*  
(servicios en español)**  
503-236-9591  
projectunica.org/es/



**SARC\*  
(Sexual Assault  
Resource Center)**  
503-640-5311  
sarcoregon.org

**VOA Home Free**  
503-771-5503  
Teen Advocate\*  
Cell: 503-388-8211  
(text 8a-5p M-F)



**Youth Line 24/7 Teens  
Helping Teens (4-10 pm)**  
1-877-331-9474 OR  
Text TEEN2TEEN to 839863  
oregonyouthline.org

## Culturally Specific Advocacy & Support



**Bradley Angle Healing  
Roots Program**  
503-595-9591  
tinyurl.com/heal-roots  
*African American domestic  
violence survivors*



**IRCO  
(Immigrant & Refugee  
Community Organization)**  
503-234-1541  
irco.org



**Latino Network**  
503-283-6881  
latnet.org



**NAYA  
(Native American Youth  
And Family Center)**  
503-288-8177  
nayapdx.org



**Ross  
(Russian Oregon  
Social Services)**  
503-777-3437  
emoregon.org/ross



**SEI  
(Self Enhancement, Inc)**  
503-249-1721  
selfenhancement.org  
*Supporting at-risk urban youth*

## Disability Specific Support



**Autism Society of  
Oregon**  
autismsocietyoregon.org  
1-888-288-4761  
*Resources, education,  
advocacy for those living  
with autism*



**Multnomah County  
IDD Services**  
multco.us/dd  
*Services for people  
with intellectual and/or  
developmental disabilities*



**Project DART  
(Disability Awareness  
Resource Team)**  
503-988-6481  
projectdartpdx.org



**Sexual Health Equity for  
Individuals with Intellectual/  
Developmental Disabilities  
(SHEIDD)**  
ohsu.edu/sexual-health-for-all  
*Sexual health education  
resources to support people  
with disabilities*

\* You can talk to someone who is not a mandatory reporter – ask to confirm



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## LGBTQ Services & Support Health Services

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**Bradley Angle House**  
503-232-7805  
tinyurl.com/lgbtq-svcs  
*LGBTQ domestic violence support*



**LGBT National Youth Talkline**  
1-800-246-7743  
glnh.org/talkline  
*Support & resources for LGBTQ+ youth*



**Q Center**  
503-234-7837  
pdxqcenter.org  
*Safe space to support and celebrate LGBTQ community*



**TransActive Gender Center**  
503-252-3000  
tinyurl.com/transactivesupport  
*Services and support for gender diverse children, youth & families*



**SMYRC (Sexual & Gender Minority Youth Resource Center)**  
503-872-9664  
smyrc.org



**The Trevor Project**  
1-866-488-7386  
thetrevorproject.org  
*Crisis counseling & support for LGBTQ+ youth*

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## Informational Websites

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**Amaze**  
amaze.org  
*Videos for 6th-8th graders about sexual and reproductive health*



**AWN (Autistic Women & Nonbinary Network)**  
awnnetwork.org/blog  
*Blog about experiences of Autistic people of marginalized genders*



**Awkward or Not?**  
awkwardornotapp.org  
*A quiz to see how ready your parents are to talk about dating and sex*



**I Wanna Know!**  
iwannaknow.org/teens  
*Sexual health information*



**KidsHealth**  
kidshealth.org/en/kids  
*Information on bodies and staying healthy*



**Love is Respect**  
loveisrespect.org  
*Empowering young people to prevent & end abuse*

### Fragrance Free Personal Care Products



tinyurl.com/brownstarfragrancefree



tinyurl.com/eastbayfragrancefree

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## Health Services

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**Crisis Line (24/7)**  
503-988-4888  
tinyurl.com/multcomhcrisis



**Multnomah County STD Services**  
503-988-3700  
tinyurl.com/multcostd



**Planned Parenthood**  
503-788-7273  
plannedparenthood.org



**Student Health Centers**  
503-988-4424  
tinyurl.com/studenthc

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## Personal Resources

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**People I can talk to about puberty and sexuality are:**

\* You can talk to someone who is not a mandatory reporter – ask to confirm

