

Teens in NYC . . .



... Pass it on

Using your Smartphone,
download the FREE QR Reader
from <http://get.beetagg.com>.

Once downloaded,
open the application
to point, click and
discover.



... have the right to sexual health services without getting permission from parents, girlfriends/boyfriends or anyone else.

Use this guide to find a health care provider that you like. If you are not happy, ask to see another provider or try another clinic in the list. Keep looking until you find a good match. You deserve it!

Updated in 2011

All of the following clinics offer confidential and free or very low-cost sexual health services for teens. These services may include:

Condoms
Birth control
Emergency contraception
(morning-after pill)
STD testing and treatment
HIV testing
Pregnancy testing

Look for these symbols:

- ☆ = All of the above services are available and free
- Ⓐ = Abortion available
- Ⓒ = Counseling available
- ▲ = LGBTQI-specific services available (Remember, though, that LGBTQI teens can get services at all of the clinics listed!)

“ I was afraid my girl would get pregnant so we both went to see a doctor — she got free birth control and I got free condoms. If you don't want to get pregnant or get an STD, that's the way to do it. ”

Andrew,
age 17

WHERE
TO GO
BRONX

▲ **Adolescent REP Program at Children's Hospital at Montefiore Medical Center**

111 East 210 St. BRONX 10467
Btwn: East Gun Hill Rd. & East 208 St.
Phone: 718-882-0023
Subway: 4 - Mosholu Pkwy.; D - 205 St.
Bus: Bx 1,2,10,28

★ **Community Healthcare Network – Bronx Health Center**

Ⓛ 975 Westchester Ave. BRONX 10459
▲ Btwn: Tiffany & Kelly Sts.
Phone: 718-320-4466
Subway: 2 4 - Intervale; 6 - Hunts Point Ave.
Bus: Bx 4,5,6,11,17,27

★ **Institute For Family Health – Mt. Hope Family Practice**

Ⓛ 130 West Tremont Ave. BRONX 10453
Cross St.: Harrison Ave.
Phone: 718-583-9000
Subway: 4 - 176 St.
Bus: Bx 3,18,36

★ **Institute For Family Health – Urban Horizon Family Health Center**

Ⓛ 50-98 East 168 St. BRONX 10452
Cross St.: Gerard Ave.
Phone: 718-293-3900
Subway: 4 B D - 167 St.
Bus: Bx 1,2

★ **Institute For Family Health –
Walton Family Health Center**
 📍 1894 Walton Ave. BRONX 10453
 Btwn: East 177 St. & Mt. Hope Pl.
 Phone: 718-583-3060
 Subway: 4 - 176 St.; B D - Tremont Ave.
 Bus: Bx 1,2,32,36,40,42

★ **MIC Women's Health Services – Tremont**
 (Females only)
 📍 4215 Third Ave. BRONX 10457
 Btwn: East Tremont Ave. & East 178 St.
 Phone: 718-294-5891
 Bus: Bx 15,40,42,55

★ **Morris Heights Health Center –
Women's Health And Birthing Pavilion**
 (Females only)
 📍 70 West Burnside Ave. BRONX 10453
 Cross St.: Harrison Ave.
 Phone: 718-716-2229
 Subway: 4 - Burnside Ave.
 Bus: Bx 3,32,40,42

📍 **Morrisania Diagnostic And Treatment Center**
 1225 Gerard Ave. BRONX 10452
 Btwn: East 167 & 168 Sts.
 Phone: 718-960-2616
 Subway: 4 B D - 167 St.
 Bus: Bx 1,2,35

★ **Morrisania STD Clinic – NYC
Department of Health and
Mental Hygiene**
 1309 Fulton Ave. BRONX 10456
 Btwn: East 169 & 170 Sts.
 Phone: 311
 Bus: Bx 15,21,35,41,55

★ **Planned Parenthood NYC – Bronx Center**
 📍 349 East 149 St., 2nd Floor
 BRONX 10451
 Cross St.: Courtlandt Ave.
 Phone: 212-965-7000
 Subway: 2 5 - 3 Ave.; 4 - 149 St. /
 Grand Concourse
 Bus: Bx 1,2,15,19,32,41

★ **Segundo Ruiz Belvis Diagnostic and
Treatment Center**
 545 East 142 St. BRONX 10454
 Btwn: Brook & St. Ann's Aves.
 Phone: 718-579-4000
 Subway: 6 - Brook Ave.
 Bus: Bx 17

★ **South Bronx Health Center For Children
And Families**
 📍 871 Prospect Ave. BRONX 10459
 ▲ Cross St.: East 161 St.
 Phone: 718-991-0605
 Subway: 2 5 - Prospect Ave.
 Bus: Bx 4

★ **The Children's Aid Society – Bronx Clinic**
 1515 Southern Blvd. BRONX 10460
 Btwn: East 172 & Jennings Sts.
 Phone: 718-860-8595
 Subway: 2 5 - Freeman St.; 6 -Whitlock Ave.
 Bus: Bx 19,36

"I was glad I was able to get on the pill that very day without having to have a full exam."

Anaya,
age 17

WHERE
TO GO
BROOKLYN

- ★ **Community Healthcare Network – CABS Health Center**
📍 94-98 Manhattan Ave. BROOKLYN 11206
Btwn: Boerum & McKibbin Sts.
Phone: 718-388-0390
Subway: 🟡 🟠 - Lorimer St, 🟢 - Broadway
Bus: B 40,43,46
- ★ **Community Healthcare Network – Caribbean House**
📍 1167 Nostrand Ave. BROOKLYN 11225
Btwn: Fenimore St. & Rutland Rd.
Phone: 718-778-0198
Subway: 🟡 🟢 - Winthrop St.
Bus: B 12,44,49
- ★ **Community Healthcare Network – Dr. Betty Shabazz Health Center**
📍 999 Blake Ave. BROOKLYN 11208
Cross St: Linwood St.
Phone: 718-566-6270
Subway: 🟡 - New Lots Ave.; 🟢 - Shepherd Ave.
Bus: B 6,14,15
- ★ **Coney Island Hospital – Adolescent Medicine**
📍 2601 Ocean Parkway BROOKLYN 11235
📍 Btwn: Ave. Z & Shore Pkwy. North
📍 Phone: 718-616-3191
📍 Bus: B 1,4,36

Crown Heights STD Clinic – NYC Department of Health and Mental Hygiene

1218 Prospect Place, 2nd Floor
BROOKLYN 11213
Cross St.: Troy Ave.
Phone: 311
Subway: **3** **4** - Utica Ave.
Bus: B 15,43,45,46,65

Fort Greene STD Clinic – NYC Department of Health and Mental Hygiene

295 Flatbush Ave Extension BROOKLYN 11201
Cross St.: Willoughby St.
Phone: 311
Subway: **2** **3** -Hoyt St.; **B** **M** **O** **R** -DeKalb Ave.
Bus: B 25,26,38,52,54

★ Kings County Hospital Center –

Family Planning Clinic
541 Clarkson Ave., Building E6E48
BROOKLYN 11203
Btwn: Albany & New York Aves.
Phone: 718-245-3502
Bus: B 35,44

★ MIC Women's Health Services – Bushwick

(Females only)
6 335 Central Ave., BROOKLYN 11221
Cross St: Linden St.
Phone: 718-443-9300
Subway: **J** **Z** - Gates Ave; **M** - Knickerbocker Ave.; **L** - Myrtle Ave.
Bus: B 47,52,54,60

★ MIC Women's Health Services – Eastern Parkway

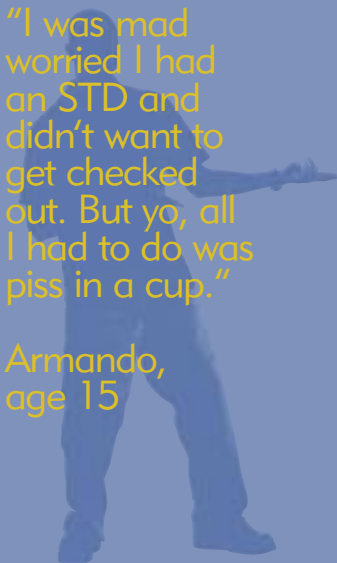
A (Females only)
6 1873 Eastern Parkway
BROOKLYN 11233
Btwn: Atlantic Ave. & Herkimer St.
Phone: 718-498-1001
Bus: B 12,25,60

★ MIC Women's Health Services – Ft Greene

A (Females only)
6 295 Flatbush Ave. Extension, 3rd Floor
BROOKLYN 11201
Btwn: St. Marks Ave. & Prospect Pl.
Phone: 718-522-1144
Subway: **B** **O** **M** **R** -DeKalb Ave.; **A** **C** -Jay St.
Bus: B 25,26,38,52

★ Planned Parenthood NYC –

Boro Hall Center
A 44 Court St., 6th Floor
BROOKLYN 11201
Cross St.: Joralemon St.
Phone: 212-965-7000
Subway: **2** **3** **4** **5** - Borough Hall; **A** **C** **F** - Jay St.; **M** **R** - Court St.
Bus: B 25,26,38,57,61,62,65,67,103



“I was mad worried I had an STD and didn’t want to get checked out. But yo, all I had to do was piss in a cup.”

Armando,
age 15

**WHERE
TO GO
MANHATTAN**

★ **Audubon Family Planning Center**

21 Audubon Ave.
NEW YORK 10032
Btwn: West 166 & 167 Sts.
Phone: 866-463-2778
Subway: ① ③ ④ - 168 St.
Bus: M 2,3,4,5,100,101; Bx 7

① **Callen-Lorde Health Outreach
To Teens (Project HOTT)**

356 West 18th St.
NEW YORK 10011
Btwn: 8 & 9 Aves.
Phone: 212-271-7212
Subway: ③ ④ ⑤ ⑥ - 14 St.; ① - 18 St.
Bus: M 11,14,20






**Central Harlem STD Clinic – NYC
Department of Health and Mental Hygiene**




2238 5 Ave. NEW YORK 10037
Btwn: 136 & 137 Sts.
Phone: 311
Subway: ② ③ - 135 St.
Bus: M 1,2,7,102; Bx 33


**Chelsea STD Clinic – NYC
Department of Health and Mental Hygiene**




303 9 Ave., NEW YORK 10001
Btwn: West 27 & 28 Sts.
Phone: 311
Subway: ③ ⑤ - 23 St.
Bus: M 11,20,23




★ **Community Healthcare Network –
Community League Health Center**
 1996 Amsterdam Ave. NEW YORK 10032
 Cross St.: West 159 St.
 Phone: 212-781-7979
 Subway:  -157 St;  -155 St.
 Bus: M 2,3,4,5,100,101








★ **Community Healthcare Network –
Downtown Health Center**
 150 Essex St. NEW YORK 10002
 Btwn: Rivington & Stanton Sts.
 Phone: 212-477-1120
 Subway:  -Delancey;    -Essex St.;
 Bus: M 9,14,15,21







★ **Community Healthcare Network –
Helen B. Atkinson Health Center**
 81 West 115 St. NEW YORK 10026
 Btwn: Lenox & 5 Aves.
 Phone: 212-426-0088
 Subway:   -116 St.
 Bus: M 1,2,3,4,102,116

**Manhattanville Renaissance STD Clinic – NYC
Department of Health and Mental Hygiene**
 21 Old Broadway NEW YORK 10027
 Cross St.: 126 St.
 Phone: 311
 Subway:  -125 St.
 Bus: M 1,11,18,60,100,104, Bx 15

★ **Metropolitan Hospital Center
– Youth Health Services**
 1901 First Ave., OPB 7th Floor,
 Enter on 2 Ave. NEW YORK 10029
 Btwn: East 97 & 99 Sts.
 Phone: 212-423-6603
 Subway:  -96 St.
 Bus: M 15,96,101,102,103

★ **Mount Sinai Adolescent Health Center**
 312-320 East 94 St. NEW YORK 10028
 Btwn: 1 & 2 Aves.
 Phone: 212-423-3000
 Subway:  -96 St.
 Bus: M 15,96,101,102,103

★ **Planned Parenthood NYC –
Margaret Sanger Center**
 26 Bleecker St. NEW YORK 10012
 Cross St: Mott St.
 Phone: 212-965-7000
 Subway:  - Bleecker St.;    -
 Broadway-Lafayette;   - Prince St.
 Bus: M 1,5,15,101,102,103

★ **Project STAY (Services To Assist Youth)**
 610 West 158 St. NEW YORK 10032
 Btwn: Riverside Dr. & Broadway
 Phone: 646-284-9739
 Subway:  -157 St.,  -155 St.
 Bus: M 2,3,4,5,18,100,101; Bx 6

"It felt good to be able to talk about sex and get information without feeling embarrassed."

Lisa,
age 14

WHERE
TO GO
MANHATTAN

- Ⓟ Roberto Clemente Center**
▲ 540 East 13 St. NEW YORK 10009
Btwn: Aves. A & B
Phone: 212-387-7400
Subway: **Ⓛ** - 1 Ave.
Bus: M 14,15,21
- ★ **The Children's Aid Society – Milbank Clinic**
14-32 West 118 St. NEW YORK 10026
Btwn: 5 & Lenox Aves.
Phone: 212-369-8339
Subway: **2 3** -116 St.
Bus: M 1,2,3,7,102,116; Bx 15
- ★ **The Door**
Ⓟ 555 Broome St. NEW YORK 10013
Btwn: 6 Ave. & Varick St.
▲ Phone: 212-453-0222
Subway: **1** - Canal St.; **C E** - Spring St.
Bus: M 20
- Ⓟ **The Young Men's Clinic**
(Males only)
21 Audubon Ave. NEW YORK 10032
Btwn: West 166 & 167 Sts.
Phone: 866-463-2778
Subway: **1 A C** -168 St.
Bus: M 2,3,4,5,18,100,101; Bx 7
- Ⓟ **William F. Ryan Community Health Center**
▲ 110 West 97 St. NEW YORK 10025
Btwn: Amsterdam & Columbus Aves.
Phone: 212-749-1820
Subway: **1 2 3 B C** - 96 St.
Bus: M 7,11,96,106

"They told me how
to use a condom,
for real."

Jose,
age 14



**WHERE
TO GO
QUEENS**

★ **Community Healthcare
Network – Long Island City
Health Center**



36-11 21 St. QUEENS 11106
Cross St.: 36 Ave.
Phone: 718-482-7772
Subway: **F** - 21 St.; **N** - 36 Ave.
Bus: Q 19,66,69,101

★ **Community Healthcare Network –
Queens Health Center**



97-04 Sutphin Blvd. QUEENS 11435
Cross St.: 97 Ave.
Phone: 718-657-7088
Subway: **E** **J** **Z** - Sutphin Blvd./Archer Ave.
Bus: Q 6,8,9,30,60

**Corona STD Clinic – NYC
Department of Health and Mental Hygiene**

34-33 Junction Blvd. QUEENS 11372
Cross St.: 34 Rd.
Phone: 311
Subway: **7** - Junction Blvd.
Bus: Q 66,72

★ **Elmhurst Hospital Center –
Adolescent Health Service**



79-01 Broadway, 'O' building, 4th Floor
QUEENS 11373
Btwn: 77 & 78 Sts.
Phone: 718-334-5040
Subway: **7** - 82 St.; **E** **F** **R** **G** - Roosevelt Ave.
Bus: Q 33,45,53

Jamaica STD Clinic – NYC
Department of Health and Mental Hygiene

90-37 Parsons Blvd. QUEENS 11432

Btwn: Jamaica & 90 Aves.

Phone: 311

Subway: **E** **J** **Z** - Jamaica Ctr.

Bus: Q 6,11,20,25,30,31,34,41,54,65,83,
112,113

Richmond STD Clinic – NYC
**Department of Health and
Mental Hygiene**

51 Stuyvesant Place

STATEN ISLAND 10301

Btwn: Richmond Terrace & Hamilton Ave.

Phone: 311

Bus: S 40,42,44,52

★ **MIC Women's Health Services – Astoria**

(Females only)



12-26 31 Ave. QUEENS 11106

Btwn: 12 & 14 Sts.

Phone: 718-626-6735

Bus: Q 18,60,100,104

★ **Teen R.A.P. – Staten Island University
Hospital at the Medical Arts Pavilion**



242 Mason Ave., Suite 1

STATEN ISLAND 10305

Btwn: Alter & Delaware Aves.

Phone: 718-226-6262

Subway: SIR- Dongan Hills

Bus: S 52,78,79

★ **MIC Women's Health Services – Jamaica**

(Females only)



90-04 161 St., 5th Floor QUEENS 11432



Cross St: 90 Ave.

Phone: 718-523-2123

Subway: **E** **J** **Z** - Jamaica Ctr.;

F - Parsons Blvd.

Bus: Q 8,9,24,25,30,31,34,41,54,56,65,
111,112

★ **Teen R.A.P. – Staten Island University
Hospital at the Bay Street Health Center**



57 Bay St. STATEN ISLAND 10301

Btwn: Slosson Terrace & SI Ferry

Phone: 718-226-6262

Subway: SIR- Tompkinsville; SI Ferry

Bus: S 42,44,46,51,52,61,74,76,84

"I'm not having sex yet, but I know where to go when I'm ready."

Jessica,
age 16

This guide is a joint collaboration between the NYC Department of Health and Mental Hygiene and the National Institute for Reproductive Health's TORCH Program. A big shout out to the TORCH teens for their efforts in this guide. Thanks also to the Bronx DPHO Youth Advisory Board for their help with the design.



More Info

Search online for NYC Teen Health to find this guide and for other health information.

Call 311 for copies of this guide or for a clinic referral at any time.

Sexual assault (rape), domestic violence or dating violence
800-621-HOPE (or 800-621-4673)
and 866-331-9474

Worries, depression, thinking about hurting yourself, alcohol and drugs, etc.
800-LIFENET (or 800-543-3638)
Español: 877-AYUDESE (o 877-298-3373)
普通話, 廣東話 and 한국어: 877-990-8585

If you go to a public high school, get free condoms from your health resource room. If your school has a school-based health center, condoms and sexual health services may be available there – so check it out!

Thank you for taking care of yourself.

HPD7346009 - 4.11



Choose the birth control method that's right for you.

Elija el método anticonceptivo adecuado para usted.

More Effective

Birth Control Method	Typical Use Effectiveness (% of pregnancies prevented)	How Often to Use It	How to Get It
Hormonal Implant	99%	Can be left in place for up to 3 years.	Provider must insert and remove implant.
Hormonal IUD	99%	Can be left in place for up to 5 years.	Provider must insert and remove IUD.
Non-Hormonal (Copper) IUD	99%	Can be left in place for up to 10 years.	Provider must insert and remove IUD.
Birth Control Shot	93%	Must get shot once every 3 months.	Provider must give shot.
Birth Control Patch	92%	New patch once a week for 3 weeks. No patch in week 4. Continue pattern.	Prescription needed, or can get directly from some clinics.
Birth Control Pills	92%	One pill at the same time every day.	Prescription needed, or can get directly from some clinics.
Vaginal Ring	92%	Insert a new ring and leave in place for 3 weeks. No ring in week 4. Continue pattern.	Prescription needed, or can get directly from some clinics.
Cervical Cap	84% Less for women who have given birth	Every time you have sex.	Provider must fit you and show you how to use it. Prescription needed.
Diaphragm	84%	Every time you have sex. Add more spermicide each time you have sex.	Provider must fit you and show you how to use it. Prescription needed.
Contraceptive Sponge	84% Less for women who have given birth	Every time you have sex. It must be left in place at least 6 hours after intercourse (but not more than 24 hours).	Druggists. No prescription needed.
Male Condom	83%	New condom every time you have sex.	Druggists and many clinics. No prescription needed.
Withdrawal	82%	Every time you have sex.	N/A
Female Condom	73%	New condom every time you have sex.	Druggists and many clinics. No prescription needed.
Spermicides (Foam, Jelly, Film)	71%	Add more spermicide every time you have sex.	Druggists and many clinics. No prescription needed.

If your birth control method failed or if no birth control was used, Emergency Contraception is available!

Emergency Contraception	75-89% (works better the sooner it's taken after unprotected sex)	Within 5 days (120 hours) after unprotected sex. Not as effective as using regular birth control.	Females under age 17, prescription needed. Females and males aged 17 and older can purchase from druggists.
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The best way to prevent pregnancy and STIs is to use **DUAL PROTECTION** – condoms PLUS another form of birth control, such as the IUD, implant or pill. Only condoms help protect against HIV and other STIs.

If you are breastfeeding, you can still become pregnant. Ask your provider which birth control method is safe to use when breastfeeding.

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NATIONAL VOLUNTARY COUNCIL

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Más eficaz

Método Anticonceptivo	Eficacia de un típico (% de embarazos prevenidos)	Con qué frecuencia se debe utilizar	Cómo obtenerlo
Implante Hormonal	99%	Se puede dejar en su lugar hasta por 3 años.	El proveedor debe colocar y remover el implante.
DIU Hormonal	99%	Se puede dejar en su lugar hasta por 5 años.	El proveedor debe colocar y remover el DIU.
DIU No-Hormonal (de cobre)	99%	Se puede dejar en su lugar hasta por 10 años.	El proveedor debe colocar y remover el DIU.
Inyección Anticonceptiva	93%	Se debe recibir la inyección una vez cada 3 meses.	El proveedor debe administrar la inyección.
Parche Anticonceptivo	92%	Un parche nuevo una vez a la semana durante 3 semanas. No se debe colocar un parche durante la 4ta semana. Continúe el orden.	Se necesita receta médica, o se puede obtener directamente en algunos clínicos.
Píldoras Anticonceptivas	92%	Una píldora a la misma hora todos los días.	Se necesita receta médica, o se puede obtener directamente en algunos clínicos.
Anillo Vaginal	92%	Insertar un anillo nuevo y dejarlo en su lugar por 3 semanas. No se debe insertar un anillo durante la 4ta semana. Continúe el orden.	Se necesita receta médica, o se puede obtener directamente en algunos clínicos.
Capuchón Cervical	84% Menos para las mujeres que han dado a luz	Cada vez que tiene relaciones sexuales.	El proveedor debe determinar el tamaño y enseñarle cómo usarlo. Se necesita una receta médica.
Diafragma	84%	Cada vez que tiene relaciones sexuales. Agregue más espermicida cada vez que tenga relaciones sexuales.	El proveedor debe determinar el tamaño y enseñarle cómo usarlo. Se necesita una receta médica.
Espejo Anticonceptivo (vaginal)	84% Menos para las mujeres que han dado a luz	Cada vez que tenga relaciones sexuales. Se debe dejar en su lugar por lo menos 6 horas después de tener sexo (pero no más de 24 horas).	En farmacias. No se necesita receta médica.
Condón Masculino	83%	Un condón nuevo cada vez que tenga relaciones sexuales.	En farmacias y varios clínicos. No se necesita receta médica.
Método de retiro	82%	Sacar el pene de la vagina antes de la eyacuulación cada vez que tenga relaciones sexuales.	N/A
Condón Femenino	73%	Un condón nuevo cada vez que tenga relaciones sexuales.	En farmacias y varios clínicos. No se necesita receta médica.
Espermicidas (Espuma, Jaleas, Píacas)	71%	Agregue más espermicida cada vez que tenga relaciones sexuales.	En farmacias y varios clínicos. No se necesita receta médica.

Si su método anticonceptivo no funciona o si no se usó un método, hay disponible la Anticoncepción de Emergencia!

Anticonceptivo de Emergencia	75-89% (es más efectivo si tomase inmediatamente después de tener sexo)	Antes de un lapso de 5 días (120 horas) después de tener relaciones sexuales sin protección. No tan eficaz como el usar un anticonceptivo regular.	Las mujeres menores de 17 años, necesitan receta médica. Las mujeres y los hombres de 17 años y más lo pueden comprar en una farmacia.
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La mejor forma de prevenir el embarazo y las enfermedades de transmisión sexual (ETS) es usando **DOBLE PROTECCIÓN** – condones y otra forma de anticoncepción, tal como el DIU, implante, o la píldora. Solo los condones pueden ayudar a protegerse contra el VIH y otras ETS.

Si está amamantando, usted todavía puede quedar embarazada.

Pregunte a su proveedor de atención médica cuál método anticonceptivo es seguro para usar.

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