

# St. Chris Teen Newsletter

Fall/Winter 2024

## CUC Walk-In Sick Clinic

**\*\*Must come with an adult if younger than 18 years old\*\***

Monday- Friday  
8:30-10:30 AM &  
1:00-3:00 PM

FREE information about schools, teen jobs, mental health, and MORE!!

[cap4kids.org/philadelphia](http://cap4kids.org/philadelphia)



**Lots of Teen Resources @**



## Hit the books!

High School Prep

College Prep



Education



Tutoring/FREE

Internet



Middle School

Scholarships



Bullying



Out of School

GED/Jobs



Teen

Parents



## Find a Job!

Teen Job Info



Career Training



Volunteering



## Hello Summer!

Philly Summer Programs



Camps



Gym Memberships



Free Library of Philadelphia  
[freelibrary.org](http://freelibrary.org)

FIND YOUR PATH

Philadelphia Recreation Program Finder



## Sports/Activities



## Art/Music

- Project 440, Village of Arts /Humanities, Rock to the Future, Fleisher Art Teen Lounge, Mural Arts, Art Reach, and more!



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## Mental/Behavioral Health Resources

**\*\*Teens 14 years and older can access mental health care without consent from an adult\*\***

### Community Behavioral Health (CBH)

For therapy or psychiatry: [cbhphilly.org](http://cbhphilly.org) 215-413-3100

## kooth



FREE online Mental Health service for Philly Students 24/7.

[us.kooth.com/philasd](http://us.kooth.com/philasd)

### Mindfulness/Meditation

Better cope with emotions, stress, and improve sleep. Download these apps:



Lots more Mental Health Resources @



Violence/Grief Resources



For mental health crisis, text PA to 741-741  
OR CBH crisis hotline 215-686-4420

Young Women's Health Info @



Young Men's Health Info @



LGBTQA Teen Resources Info @



## Sexual Health Resources

### St Christopher's Teen Clinic

Nelson Building  
2<sup>nd</sup> floor  
215 427-3803

### Reproductive Health/Family Planning visits:

- For teens 13 years and up- they can go by themselves or with an adult
- **Services available:** STI testing and treatment and HIV testing; Starting birth control/birth control refills; Getting Plan B, pregnancy tests, and condoms

Birth Control Info @



### Let's talk about PrEP!

-Pre-exposure prophylaxis (or PrEP) is medicine taken to prevent getting HIV. PrEP is highly effective for preventing HIV when taken as prescribed.

#### **Where can you get PrEP?**

- Immunology Clinic Nelson Building, 2<sup>nd</sup> floor 215 427- 5284
- Teen can go by themselves or with an adult

Philly's Sexual Health Website@

