

Clinic Locator Sheet

From www.HealthyTransitionsLA.org

Find a Free or Low-Cost Clinic Near You.

Did you know some clinics are specially designed to serve your needs as a teen? If you're interested in finding a teen clinic, ask your current doctor or clinic if they offer one. Try it – you might like it! You might feel a little more comfortable about asking more questions and that might help you to be proactive about your health care.

Before going to your first appointment, think about your health care coverage situation and ask if they offer free or low cost services. If you have Medi-Cal coverage, ask if they accept it.

CONTACTS/LINKS – Click on the Titles For Links

[211 Youth Portal](#)

Click on “Where can I go to see a doctor?” to search for a clinic. If you have Medi-Cal, you should see your Primary Care Physician or go to Urgent Care.

[Department of Public Health: Health Center Locator](#)

Some Health Centers have limited or specialized services, including: immunization, screening and treatment of tuberculosis, and treatment of sexually transmitted diseases.

[TeenSource Find-a-Clinic](#) — Just enter your zip code and select a distance.

Find LGBTQ-Friendly Care.

You should be able to talk to your doctor about every part of your life, including your sexual orientation and gender identity. The [Coming Out to Your Doctor area of Health Care & Clinics](#) on this website has some tips about finding healthcare providers who are LGBTQ-friendly.

CONTACTS/LINKS – Click on the Titles For Links

[Gay Lesbian Medical Association Provider Database](#)

Homepage: www.glma.org

[LGBT National Help Center Resource Database](#)

Toll FreeGLBT National Youth Talkline: (800) 246-PRIDE (7743)

Email: info@GLBTTNationalHelpCenter.org

Do You Need Specialized Services?

Have you been diagnosed with a disability that began before your 18th birthday? This includes developmental disabilities or a developmental delay. You might be eligible for services through Regional Centers or California Children's Services.

Regional Centers

You might be eligible for services at a Regional Center, which are nonprofit private corporations that work with the California State Department of Developmental Services to provide services for individuals with developmental disabilities. Some of the services and supports provided by the regional centers include:

- Information and referral
- Assessment and diagnosis
- Counseling
- Lifelong individualized planning and service coordination
- Purchase of necessary services included in the individual program plan
- Resource development
- Assistance in finding and using community and other resources
- Advocacy for the protection of legal, civil and service rights
- Planning, placement, and monitoring for 24-hour out-of-home care

California Children's Services (CCS)

CCS is a statewide program that coordinates and pays for medical care and therapy services for children with certain health care needs. If you're a current CCS client, CCS coverage ends on your 21st birthday. However, your CCS team should work with you on transition planning to ensure that you have all the information and service referrals you need. Ask your nurse case manager about your transition planning.

CONTACTS/LINKS – Click on the Titles For Links

[Regional Center Website](#)

[Regional Center Search](#)

For a free diagnosis and eligibility assessment, contact the Regional Center in your area.

[CCS Program Website](#)

CCS General Contact

Phone: (800) 288-4584

Email: CCS@ph.lacounty.gov
