

Transportation

Continental Limousine	949-650-5677
OCTA (Bus/Van Service)	800-636-7433
South County Safe Ride	800-247-7433
South County Yellow Cab	714-999-9999
UBER.....	AppStore

Volunteering

American Cancer Society	949-261-9446
Big Brothers/Big Sisters	714-544-7773
Boys & Girls Club Laguna Beach	949-494-2535
Boys & Girls Club San Juan Cap	949-240-7898
Breakthrough, San Juan Cap	949-661-0108 x322
SHEA Therapeutic Riding Center.....	949-240-8441
Laguna Niguel Chamber of Commerce	.949-363-0136
Laguna Niguel Holiday Parade	949-425-5100
Laguna Niguel Library	949-249-5252
Sea Country Community Center	949-425-5151
Laura's House	949-361-3775
Meals on Wheels	949-362-2807
Special Camp 4 Special Kids	949-661-0108 x699
Laguna Niguel Youth Committee	949-425-5100

Teen Depression

Depression is the **most common mental health disorder in the United States** among teens and adults. Some symptoms of teen depression include:

- A desire to be alone
- Apathy, or lack of interest in activities that used to bring pleasure
- Changes in appearance (especially due to loss of interest in personal hygiene)
- Changes in appetite, or weight
- Feeling irritable, angry, or anxious

Teen Depression

- About **20 percent of teens** will experience teen depression before they reach adulthood.

Teens suffering from depression are at higher risk for the following:

- Substance abuse problems
- trouble in school
- risky sexual behavior
- Suicide

Suicide is the third leading cause of death in teens.

- Depression can make a teenager as much as **12 times more likely to commit suicide.**
- **Less than 33 %** of teens with depression get help.
- **80 %** of teens with depression can be successfully treated.

Tips for Seeking Help

- Depression is very damaging when untreated, don't wait and hope that symptoms will go away.
- If you see depression's warning signs, reach out to a specialist.
- Make an appointment with your family physician for a depression screening.

You can view more information about depression and other teen related issues at:

www.TeenHelp.com

Laguna Niguel Youth Committee's Teen Resource Directory & Volunteer Opportunities



*A quick reference to
services and
opportunities for teens in
Laguna Niguel*



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@LNteens

This directory was compiled by the Laguna Niguel Youth Committee. It provides resources to help guide you in difficult, stressful situations and provides useful information on recreational and educational activities. For more information on the Youth Committee, please call (949) 425-5100, or visit www.LNTEENS.ORG

Youth Committee

The Laguna Niguel Youth Committee is comprised of up to 15 Voting Members, as appointed by City Council.

The Youth Committee meets on the first Thursday of each month at 7:00 PM in the City Hall Chambers, located at 30111 Crown Valley Parkway, Laguna Niguel.

Education

Aliso Niguel High School949-831-5590
 Capo.UnifiedSchoolDistrict.....949-234-9200
 CUSD 24 Hour Safe School Hotline800-956-2873
 College and Career Planning Center949-582-4575
 College Informationwww.review.com
 Dana Hills High School949-496-6666
 Department of Motor Vehicles800-777-0133
 Homework Hotline 24 Hrs888-868-5777
 O.C. Natural History Museum949-831-3287
 Professional Tutors800-832-2487
 Saddleback College.....949-582-4500

Entertainment

Edwards Theater, Aliso Viejo949-425-3861
 Cinepolis, Laguna Niguel949-373-7900
 Irvine Spectrum949-753-5180
 Kaleidoscope Theater, Mission Viejo....949-582-4078

Rancho Niguel.....949-831-0446
 Edwards Aliso Theater.....949-425-3861
 Boomers!, Irvine949-559-8341
 California Adventure.....714-781-4565
 Chain Reaction, Anaheim....714-635-6067
 Dave & Buster's, Irvine Spectrum
949-727-0555
 Disneyland714-781-7277
 Dodger Stadium.....323-224-1507
 Angel Stadium of Anaheim....714-940-2000
 Great Park, Irvine866-829-3829
 The Grove714-712-2700
 Honda Center714-704-2400
 House of Blues714-778-2583
 Ice Palace949-643-9648
 Knott's Berry Farm714-220-5200
 Mountain High888-754-7878
 Qualcomm Stadium619-641-3100
 Rose Bowl626-588-3100
 Saddleback Lanes949-586-5300
 Six Flags661-255-4100
 Staples Center213-742-7100
 Ticket Master800-653-8000
 The Glass House877-435-9849
 Universal Studios800-864-8377
 Verizon Wireless Amphitheater949-855-8095

Hospitals

Mission Hospital949-364-1400
 Saddleback Memorial.....949-837-4500
 South Coast Family Medical Center.....949-643-0500
 UCI Medical Center.....714-456-7890

Libraries

Aliso Viejo949-360-1730
 Dana Point949-496-5517
 Laguna Niguel949-249-5252
 Mission Viejo949-830-7100

Recreation Information

Aliso & Wood Canyon Parks.....949-923-2200
 Dana Point Youth Group Facility.....949-923-2215
 Laguna Niguel Parks & Recreation.....949-425-5100
 Laguna Niguel Regional Park.....949-923-2240
 South Coast YMCA.....949-495-9622
 Ocean Institute, Dana Point.....949-496-2274

Support Groups

ALCOHOL/ DRUGS

Alcohol Abuse Help Line1-800-252-6465
 Alateen714-748-1113
 Alcoholics Anonymous of O.C.949-582-2697
 Pacific Hills Treatment Center949-489-8121
 Drug Use is Life Abuse714-647-4593
 Tobacco-Free866-639-5864
 South County Safe Ride949-365-2456

GENERAL

Eating Disorders800-931-2237
 California Youth Crisis Line800-843-5200
 CDC National STD Hotline800-232-4636
 CSP Youth Shelter714-842-6600
 Friendship Shelter949-494-6928
 Laura's House866-498-1511
 National Assoc. of Counseling714-259-7167
 National Runaway Switchboard800-RUNAWAY
 Poison Control Center800-222-1222
 Suicide Hotline800-784-2433
 South O.C. Family Resource Ctr949-364-0500
 Trauma Intervention Program714-314-0744

SEXUAL ABUSE/ DOMESTIC VIOLENCE

Domestic Violence Hotline800-799-7233
 Sexual Compulsives Anonymous714-664-5105
 Sexual Assault Hotlines949-831-9110

PREGNANCY

AAA Pregnancy Center714-537-1212
 Birth Choice Health Clinic949-364-3928
 Planned Parenthood714-922-4100
 Pregnancy Resource Center949-218-5777