

Physician Guide to Health Resources Prenatal to Five Population



San Mateo County Health

Family Health Resource Line 1-888-840-0889



Medical Services:

San Mateo Medical Center Clinics:

www.sanmateomedicalcenter.org

Coastside Clinic 650-573-3941

225 South Cabrillo Highway, Suite 100A, Half Moon Bay

Daly City Clinic 650-301-8600

380 - 90th Street, Daly City

Daly City Youth Health Center 650-877-5700

350 90th Street-3rd Floor, Daly City

Fair Oaks Health Center 650-578-7141

2710 Middlefield Road, Redwood City

Main Campus Pediatric Clinics 650-573-3702

222 West 39th Avenue, San Mateo

Mobile Health Clinic 650-573-2786

Call for day and time of scheduled stops.

Sequoia Teen Wellness Center 650-261-3720

200 James Avenue, Redwood City

South San Francisco Health Clinic 650-877-7070

306 Spruce Avenue, 2nd Floor, South San Francisco

Other Clinics:

Arbor Free Clinic 650-493-5000

www.arbor@stanford.edu

VA Palo Alto Health Care System 650-724-1332

795 Willow Road, Bldg. 334, Menlo Park **VM only (M-F)**

Free medical care for adults who lack health insurance.

Sundays only, 8:30 am-2:30 pm- 1st come 1st serve.

Ravenswood Family Health Center 650-330-7400

1885 Bay Road, East Palo Alto

Comprehensive primary health care services for all ages.

RotaCare Clinics:

www.rotacarebayarea.org

Free primary, quality healthcare services to uninsured families and individuals with limited ability to pay for medical care.

• **Coastside Clinic** 650-578-7114

225 South Cabrillo Highway, Suite 100A

Half Moon Bay—Wednesdays, 5:30 pm - 7:30 pm

• **Daly City Clinic** 650-515-6885

380 90th Street, Daly City

Mondays, 5:30 pm - 7:30 pm

Home Visiting Services:

Family Health Services

◆ **Nurse-Family Partnership** 650-573-2501

www.smchealth.org/nfp Evidence-based nurse home visits for first time low-income teen mothers.

◆ **Pre-3 Healthy Families America** 650-573-2501

Evidence-based home visits for pregnant women.

◆ **Prenatal Advantage/Black Infant Health** 650-363-7850

www.smchealth.org/bih Prenatal care outreach, case management, health education and prenatal/ postpartum group support for pregnant African American women.

◆ **Pediatrics Team** 650-573-2501

Serving Medi-Cal eligible children 0-18 with comprehensive case management of chronic illness, developmental delays, behavioral issues and parent support.

Early Head Start/IHSD 650-871-5613

www.ihsdinc.org Child and family development program for low-income families with children ages 0-5.

Peninsula Family Service 650-403-4300

www.peninsulafamilyservice.org Child and family development program for low-income families with children ages 0-5.

Dental Services:

CHDP Oral Health Program 650-573-2501

Assisting to find a dentist and schedule appointments for children, pregnant women and families covered by Medi-Cal.

Denti-Cal www.denti-cal.ca.gov 800-322-6384

Dental coverage for Medi-Cal recipients only.

Ravenswood Family Dentistry 650-289-7700

1807 Bay Road, East Palo Alto

San Mateo Medical Center - Coastside, Daly City, Fair Oaks, Main Campus -refer to appropriate SMMC clinic phone number.

Sonrisas Community Dental Clinic 650-726-2144

Affordable dental care for low income of the Coastside who are uninsured or have Medi-Cal.

UCSF, School of Dentistry 415-476-1891

www.ucsfidentalcenter.org

Low-cost dental care available to anyone by appointment.

University of the Pacific, School of Dentistry . . 415-929-6501

Low-cost dental care available to anyone.

Mental Health Services:

Behavioral Health and Recovery Services 800-686-0101

ACCESS-Co-occurring Disorders Unit

Authorization services, assessments; information & referral resources for County Mental Health & Alcohol and Drug Services.

National Alliance on Mental Illness (NAMI) 800-950-6264

Star Vista

Suicide Crisis Line 650-579-0350

Office Line 650-591-9623

Free and low-cost services to help children, youth and adults who are dealing with substance abuse, violence, mental health, relationship and communication issues.

Nutrition Services:

Women, Infants and Children Program 650-573-2168

Nutrition education and supplemental food for low to medium income women who are pregnant, post-partum or breastfeeding, and for children under age 5. www.smchealth.org/wic

Special Medical Services:

California Children's Services 650-616-2500

www.smchealth.org/ccs

Funding and case management for diagnosis and treatment of persons under age 21 with potentially chronic, disabling physical conditions.

Child Health and Disability Prevention Program . 650-573-2877

www.smchealth.org/chdp

Referral to medical and dental providers for Medi-Cal eligible persons under age 21 and persons age 18 or younger from low-income families.

Planned Parenthood Mar Monte 877-855-7526

www.plannedparenthood.org/mar-monte

Primary medical care for persons ages 14 or over and family planning services for ages 12 or over.

Insurance:

MCAP (Medi-cal Access Program) 800-433-2611

www.aim.ca.gov

Low-cost health coverage for middle income pregnant women and their newborns.

Health Coverage Unit 650-616-2002

www.smchealth.org/insurance

Provides health coverage enrollment assistance for Medi-Cal, Healthy Kids and ACE.

Health Plan of San Mateo 800-750-4776

www.hpsm.org or 650-616-2002

Provides health care benefits to San Mateo County's underserved residents.

SMC Health Insurance & Food Stamps

Telecenter 800-223-8383

Medi-Cal 800-541-5555

www.medi-cal.ca.gov



Child Abuse, Domestic Violence and Sexual Violence:

Children and Family Services		800-632-4615
A 24-hour line for reports of child abuse, abandonment or exploitation for ages 17 or under.		
Community Overcoming Relationship Abuse (CORA) www.corasupport.org		650-312-8515
Services for victims and witnesses of domestic violence including 24-hour hotline, crisis response, support groups, legal services, emergency shelter, transitional housing and support services for children and teens.		
Healthy Homes www.star-vista.org		800-300-1080 650-465-0305
Counseling and services for families with children under the age of 5 years affected by family violence.		
Keller Center Forensic medical legal exams & interviews for victims suspected of child abuse, sexual assault, rape, and domestic violence. Services provided to clients referred by Child Protective Services & law enforcement only.		650-573-2623
Rape Trauma Services www.rapetraumaservices.org		650-692-RAPE
Victims Services Legal advice, referrals, exams, therapy and general assistance for victims of violent crime.		650-599-7479
Hotlines:		
Suicide Prevention www.star-vista.org		650-579-0350
Children and Family Services		800-632-4615
A 24-hour line for reports of child abuse, abandonment or exploitation for ages 17 or under.		
Community Overcoming Relationship Abuse (CORA) / Domestic Violence Crisis Hotline www.corasupport.org		650-312-8515 or 800-300-1080
Services for victims and witnesses of domestic violence including 24-hour hotline, crisis response, support groups, legal services, emergency shelter, transitional housing and teen support services.		
Crisis Intervention & Suicide Prevention A 24-hour phone service for people seeking help in dealing with a crisis.		800-SUICIDE or 650-579-0350 650-573-2662
Psychiatric Emergency Services		650-573-2662
Emergency Food, Shelter and Clothing:		
Coastside Hope (El Granada)	650-726-9071	
Daly City Community Service Center	650-991-8007	
El Concilio -Emergency Services	650-330-7432	
Partnership (EPA, MP)		
Fair Oaks Community Center (Redwood City)	650-780-7500	
Pacifica Resource Center	650-738-7470	
Puente De La Costa Sur (Pescadero)	650-879-1691	
Samaritan House (San Mateo)	650-347-3648	
YMCA Community Resource Center	650-276-4101	
(Brisbane, San Bruno, South San Francisco)		
Temporary Financial Assistance:		
(TANF, General Assistance, Food Stamps)		
Central region		
400 Harbor Boulevard, Bldg. B, Belmont		
		650-802-6470
North region		
271 - 92 nd Street, Daly City		
		650-301-8720
1487 Huntington Avenue, South San Francisco		
		650-877-5663
South region		
2415 University Avenue, East Palo Alto		
		650-363-4175
2500 Middlefield Road, Redwood City		
		650-599-3811
Health Information:		
March of Dimes Birth Defects Foundation www.marchofdimes.com		888-663-4637
Information about preconception planning, prenatal care and the prevention of birth defects.		
MotherToBaby California (previously "Teratogen Information Service") www.mothersbabyca.org		800-532-3749
Information for pregnant women and physicians on the effect of toxins and pollutants on the developing fetus.		
Sudden Infant Death Syndrome Program http://californiasids.cdph.ca.gov/Universal/HomePage.html		800-369-7437
Information about SIDS.		
Other Children's Services:		
Child Care Coordinating Council www.sanmateo4cs.org		650-517-1400
Referrals for licensed child care, infant care, preschools, extended day care, summer camps. 330 Twin Dolphin Drive, Suite 119, Redwood City		
Head Start www.ihsdinc.org		650-871-5613
Child and family development preschool program for low-income families with children ages 3-5.		
Disability Services:		
Abilities United www.abilitiesunited.org		650-494-0550
Champions people with developmental and physical challenges and provides the training, education, and support they need to lead the lives they choose.		
Center for Independence of Individuals with Disabilities www.cidsanmateo.org		650-645-1780
Community Gatepath www.gatepath.com		650-259-8500
Early childhood development services for children age 3 or under, vocational training and placement services, and adult day services for persons with disabilities.		
Golden Gate Regional Center www.ggrc.org		650-574-9232
Diagnosis, counseling and assistance in paying for services required by developmentally disabled individuals.		
Parca www.parca.org		650-312-0730
Advocates for persons with developmental disabilities; provides a range of services including activity groups and after school recreation, support groups and respite care.		
Parents Helping Parents www.php.com Resource directory for children with special needs.		408-727-5775
Legal Services:		
Family Law Facilitators www.sanmateocourt.org Free assistance with filling out family law forms.		650-261-5010
400 County Center, 2 nd Floor, Redwood City		
Family Law Services www.sanmateocourt.org Family law assistance for men, women and families.		650-261-5080
609 Price Avenue, Suite 207, Redwood City		
Legal Aid Society www.legalaidsmc.org Legal advice and counsel on civil matters for low-income individuals.		800-381-8898
330 Twin Dolphin Drive, Suite 123, Redwood City		
San Mateo County Bar Association www.smcba.org Lawyer referral service.		650-369-4149
333 Bradford Street, 2 nd Floor, Redwood City		
San Mateo County Department of Child Support Services www.smcdcss.com		866-901-3212
555 County Center, 2 nd Floor, Redwood City		