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
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.rotaareabayarea.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 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 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 care management of chronic illness, developmental delays, behavioral issues and parent support.

Early Head Start/HSID ................. 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.ucsfdentalcenter.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 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.oim.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 ............. 800-790-4776
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
wwwulumihealthplan.org

June 2019
Children and Family Services
A 24-hour line for reports of child abuse, abandonment or exploitation for ages 17 or under.

Community Overcoming Relationship Abuse (CORa) www.corsupport.org
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
Counseling with 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.

Rape Trauma Services www.rapetraumaservices.org
Victims Services

Hotlines:
Suicide Prevention www.star-vista.org
Children and Family Services
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.corsupport.org or 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 teen support services.

Crisis Intervention & Suicide Prevention A 24-hour phone service for people seeking help in dealing with a crisis. 800-SUICIDE or 800-557-0390

Psychiatric Emergency Services

Emergency Food, Shelter and Clothing: Temporary Financial Assistance:

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) 650-581-9104
Fair Oaks Community Center (Redwood City) 650-780-7500
Pacifico 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 (Brisbane, San Bruno, South San Francisco) 650-276-4101

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.mothertobabyca.org 800-532-3749
Information for pregnant women and physicians on the effect of toxins and pollutants on the developing fetus.
Information about SIDS.

Other Children’s Services:

Child Care Coordinating Council www.sanmateo4cs.org
Referrals for licensed child care, infant care, preschools, extended day care, summer camps.
330 Twin Dolphin Drive, Suite 119, Redwood City
Head Start www.hhsdv.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.


Legal Services:

Family Law Facilitators www.sanmateocourt.org Free assistance with filling out family law forms.
400 County Center, 2nd Floor, Redwood City
650-261-5010

Family Law Services www.sanmateocourt.org Family law assistance for men, women and families.
609 Price Avenue, Suite 207, Redwood City
650-261-5080

Legal Aid Society www.legalaidsmc.org Legal advice and counsel on civil matters for low-income individuals.
330 Twin Dolphin Drive, Suite 123, Redwood City
800-381-8898

San Mateo County Bar Association www.smmba.org Lawyer referral service.
333 Bradford Street, 2nd Floor, Redwood City
650-369-4149

San Mateo County Department of Child Support Services www.smcdcss.com 866-901-3212
555 County Center, 2nd Floor, Redwood City

Supported by funds received from the California Department of Public Health, Maternal, Child and Adolescent Health Division
June 2019

http://californiasids.cdph.ca.gov/Universal/HomePage.html