

# Physician Guide to Health Resources for the Prenatal to Five Population

## San Mateo County Health System / October 2014

### Family Health Resource Line 1-888-840-0889

#### Medical Services:

##### San Mateo Medical Center Clinics:

[www.sanmateomedicalcenter.org](http://www.sanmateomedicalcenter.org)

<b>Coastside Clinic</b>	<b>650-573-3941</b>
225 South Cabrillo Highway, Suite 100A, Half Moon Bay	
<b>Daly City Clinic</b>	<b>650-301-8600</b>
380 - 90th Street, Daly City	
<b>Daly City Youth Health Center</b>	<b>650-985-7000</b>
2780 Junipero Serra Boulevard, Daly City	
<b>Fair Oaks Health Center</b>	<b>650-364-6010</b>
2710 Middlefield Road, Redwood City	
<b>Main Campus Pediatric Clinics</b>	<b>650-573-3434</b>
222 West 39th Avenue, San Mateo	
<b>Mobile Health Clinic</b>	<b>650-573-2786</b>
Call for day and time of scheduled stops.	
<b>Sequoia Teen Wellness Center</b>	<b>650-366-2927</b>
200 James Avenue, Redwood City	
<b>South San Francisco Pediatric Clinic</b>	<b>650-877-7027</b>
306 Spruce Avenue, South San Francisco	

##### Other Clinics:

<b>Arbor Free Clinic</b>	<b>650-493-5000</b>
Free medical care for adults who lack health insurance.	
795 Willow Road, Bldg. 334, Menlo Park (Sundays, 9-2)	
<b>Ravenswood Family Health Center</b>	<b>650-330-7400</b>
Comprehensive primary health care services for all ages.	
1798-A Bay Road, East Palo Alto	
<b>Ravenswood Family Health Center at Belle Haven</b>	<b>650-321-0980</b>
Comprehensive primary health care services for all ages.	
100 Terminal Avenue, Menlo Park	
<b>RotaCare Clinics:</b>	<b>650-991-6046</b>
<a href="http://www.rotacarebayarea.org">www.rotacarebayarea.org</a>	
Free primary, quality healthcare services to uninsured families and individuals with limited ability to pay for medical care.	
<ul style="list-style-type: none"> <li>• Coastside Clinic, 225 South Cabrillo Highway, Suite 100A Half Moon Bay (Wednesdays, 5:00-7:30 pm)</li> <li>• Seton Medical Center, 1900 Sullivan Avenue Daly City (Mondays, 5:00-7:00 pm)</li> </ul>	

#### Dental Services:

<b>Denti-Cal</b>	<a href="http://www.denti-cal.ca.gov">www.denti-cal.ca.gov</a>	<b>800-322-6384</b>
Dental coverage for Medi-Cal recipients only.		
<b>Ravenswood Family Dentistry</b>		<b>650-289-7700</b>
1807 Bay Road, East Palo Alto		
<b>San Mateo Medical Center</b>	Coastside, Daly City, Fair Oaks, Main Campus	
Refer to appropriate SMMC clinic phone number.		
<b>Sonrisas Community Dental Clinic</b>		<b>650-726-2144</b>
Affordable dental care for low income of the Coastside who are uninsured or have Medi-Cal.		
<b>UCSF, School of Dentistry</b>		<b>415-476-1891</b>
Low-cost dental care available to anyone by appointment.		
<b>University of the Pacific, School of Dentistry</b>		<b>415-929-6501</b>
Low-cost dental care available to anyone.		

#### Mental Health Services:

<b>Behavioral Health and Recovery Services</b>		<b>800-686-0101</b>
<b>ACCESS-Co-occurring Disorders Unit</b>		
Authorization services, assessments; information & referral resources for County Mental Health & Alcohol and Drug Services.		
<b>National Alliance on Mental Illness (NAMI)</b>		<b>800-950-6264</b>
<b>StarVista</b>		<b>650-579-0350</b>
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:

<b>Women, Infants and Children Program</b>	<b>650-573-2168</b>
Nutrition education and supplemental food for low to medium income women who are pregnant, post-partum or breastfeeding, and for children under age 5. <a href="http://www.smchealth.org/wic">www.smchealth.org/wic</a>	

#### Special Medical Services:

<b>California Children's Services</b>	<b>650-616-2500</b>
<a href="http://www.smchealth.org/ccs">www.smchealth.org/ccs</a>	
Funding and case management for diagnosis and treatment of persons under age 21 with potentially chronic, disabling physical conditions.	
<b>Child Health and Disability Prevention Program</b>	<b>650-573-2877</b>
<a href="http://www.smchealth.org/chdp">www.smchealth.org/chdp</a>	
Referral to medical and dental providers for Medi-Cal eligible persons under age 21 and persons age 18 or younger from low-income families.	
<b>Planned Parenthood Mar Monte</b>	<b>877-855-7526</b>
<a href="http://www.plannedparenthood.org/mar-monte">www.plannedparenthood.org/mar-monte</a>	
Primary medical care for persons ages 14 or over and family planning services for ages 12 or over.	

#### Home Visiting Programs:

<b>Adolescent Family Life Program</b>	<a href="http://www.smchealth.org/aflp">www.smchealth.org/aflp</a>	Services for pregnant and parenting teens.	<b>650-573-2501</b>
<b>Early Head Start/IHSD</b>	<a href="http://www.ihsdinc.org">www.ihsdinc.org</a>		<b>650-871-5613</b>
Child and family development program for low-income families with children ages 0-3.			
<b>Early Head Start/Peninsula Family Service</b>	<a href="http://www.peninsulafamilyservice.org">www.peninsulafamilyservice.org</a>		<b>650-403-4300</b>
Child and family development program for low-income families with children ages 0-5.			
<b>General Field Nursing</b>		Assessment, teaching, counseling, advice and referrals for children, teens, adults.	<b>650-573-2501</b>
<b>Nurse Family Partnership</b>	<a href="http://www.smchealth.org/nfp">www.smchealth.org/nfp</a>		<b>650-573-2501</b>
Evidence-based nurse home visits for first time low-income teen mothers.			
<b>Prenatal Advantage/Black Infant Health Project</b>	<a href="http://www.smchealth.org/bih">www.smchealth.org/bih</a>		<b>650-363-7850</b>
Prenatal care outreach, case management, health education and prenatal/postpartum group support for pregnant African American women.			
<b>Prenatal to Three Initiative</b>	<a href="http://www.smchealth.org/pre3">www.smchealth.org/pre3</a>		<b>650-573-2502</b>
Accepts referrals of pregnant women and children on Medi-Cal. Offers home visits and parent groups to support development of children. Provides mental health and behavioral health services. Refers clients to other programs.			

#### Insurance:

<b>AIM (Access for Infants and Mothers) program</b>	<a href="http://www.aim.ca.gov">www.aim.ca.gov</a>	<b>800-433-2611</b>
Low-cost health coverage for middle income pregnant women and their newborns.		
<b>Health Coverage Unit</b>	<a href="http://www.smcchi.org">www.smcchi.org</a>	<b>650-616-2002</b>
Provides health coverage enrollment assistance for Medi-Cal, Healthy Kids and ACE.		
<b>Health Plan of San Mateo</b>	<a href="http://www.hpsm.org">www.hpsm.org</a>	<b>800-750-4776</b>
Provides health care benefits to San Mateo County's underserved residents.		
<b>Medi-Cal / Health Insurance Telecenter</b>	<a href="http://www.medi-cal.ca.gov">www.medi-cal.ca.gov</a>	<b>800-223-8383</b>
<b>Central County residents</b>	400 Harbor Boulevard, Bldg. B, Belmont	<b>650-802-6470</b>
<b>North County residents</b>	271 - 92nd Street, Daly City	<b>650-301-8720</b>
<b>South County residents</b>	2415 University Avenue, East Palo Alto	<b>650-363-4175</b>
	2500 Middlefield Road, Redwood City	<b>650-599-3811</b>

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## Child Abuse, Domestic Violence and Sexual Violence:

<b>Children and Family Services</b>	800-632-4615
Services for children age 17 or under in danger of abuse, neglect, or exploitation.	
<b>Community Overcoming Relationship Abuse (CORA)</b> <a href="http://www.corasupport.org">www.corasupport.org</a>	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.	or 800-300-1080
<b>Healthy Homes</b> <a href="http://www.star-vista.org">www.star-vista.org</a>	650-579-0361
Counseling and services for families with children under the age of 5 years affected by family violence.	
<b>Keller Center</b> Medical evaluations and crisis intervention. (Provider referrals only)	650-573-2623
<b>Rape Trauma Services</b> <a href="http://www.rapetraumaservices.org">www.rapetraumaservices.org</a>	650-692-RAPE
<b>Victims Center</b> Legal advice, referrals, exams, therapy and general assistance for victims of violent crime.	650-599-7479

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### Hotlines:

<b>Alcohol and Drug Helpline</b> <a href="http://www.star-vista.org">www.star-vista.org</a>	650-573-3950
<b>CAHPP (Child &amp; Adolescent Hotline &amp; Prevention Program)</b> <a href="http://www.star-vista.org">www.star-vista.org</a>	650-567-KIDS
<b>CCAT 24-hour Parent Support Line</b> <a href="http://www.star-vista.org">www.star-vista.org</a>	888-220-7575
<b>Children and Family Services</b> A 24-hour line for reports of abuse, abandonment or exploitation.	800-632-4615
<b>Community Overcoming Relationship Abuse (CORA) / Domestic Violence Crisis Hotline</b> <a href="http://www.corasupport.org">www.corasupport.org</a>	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.	or 800-300-1080
<b>Crisis intervention &amp; Suicide Prevention</b> A 24-hour phone service for people seeking help in dealing with a crisis.	800-SUICIDE
	or 650-579-0350
	650-368-6655
	650-692-6655
	650-726-6655
	650-573-2662

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### Psychiatric Emergency Services

#### Emergency Food, Shelter and Clothing:

<b>Coastside Hope (El Granada)</b>	650-726-9071
<b>Daly City Community Service Center</b>	650-991-8007
<b>Emergency Services Partnership (EPA, MP)</b>	650-330-7432
<b>Fair Oaks Community Center (Redwood City)</b>	650-780-7500
<b>Pacifica Resource Center</b>	650-738-7470
<b>Puente De La Costa Sur (Pescadero)</b>	650-879-1691
<b>Samaritan House (San Mateo)</b>	650-347-3648
<b>YMCA Community Resource Center (Brisbane, San Bruno, South San Francisco)</b>	650-276-4101

#### Temporary Financial Assistance:

(TANF, General Assistance, Food Stamps)	
<b>Central region</b>	
400 Harbor Boulevard, Bldg. B, Belmont	650-802-6470
<b>North region</b>	
271 - 92 <sup>nd</sup> Street, Daly City	650-301-8720
1487 Huntington Avenue, South San Francisco	650-877-5663
<b>South region</b>	
2415 University Avenue, East Palo Alto	650-363-4175
2500 Middlefield Road, Redwood City	650-599-3811

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### Health Information:

<b>March of Dimes Birth Defects Foundation</b> <a href="http://www.marchofdimes.com">www.marchofdimes.com</a>	888-663-4637
Information about preconception planning, prenatal care and the prevention of birth defects.	
<b>MotherToBaby California</b> (previously "Teratogen Information Service") <a href="http://www.mothers-to-baby.org">www.mothers-to-baby.org</a>	800-532-3749
Information for pregnant women and physicians on the effect of toxins and pollutants on the developing fetus.	
<b>Sudden Infant Death Syndrome Program</b> <a href="http://californiasids.cdph.ca.gov/Universal/HomePage.html">http://californiasids.cdph.ca.gov/Universal/HomePage.html</a>	800-369-7437
Information about SIDS.	

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### Other Children's Services:

<b>Child Care Coordinating Council</b> <a href="http://www.sanmateo4cs.org">www.sanmateo4cs.org</a>	650-517-1400
Referrals for licensed child care, infant care, preschools, extended day care, summer camps. 330 Twin Dolphin Drive, Suite 119, Redwood City	
<b>Head Start</b> <a href="http://www.ihsdinc.org">www.ihsdinc.org</a>	650-871-5613
Child and family development preschool program for low-income families with children ages 3-5.	

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### Disability Services:

<b>Abilities United</b> <a href="http://www.abilitiesunited.org">www.abilitiesunited.org</a>	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.	
<b>Center for Independence of Individuals with Disabilities</b> <a href="http://www.cidсанmateo.org">www.cidсанmateo.org</a>	650-645-1780
<b>Community Gatepath</b> <a href="http://www.gatepath.com">www.gatepath.com</a>	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.	
<b>Golden Gate Regional Center</b> <a href="http://www.ggrc.org">www.ggrc.org</a>	650-574-9232
Diagnosis, counseling and assistance in paying for services required by developmentally disabled individuals.	
<b>Parca</b> <a href="http://www.parca.org">www.parca.org</a>	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.	
<b>Parents Helping Parents</b> <a href="http://www.php.com">www.php.com</a> Resource directory for children with special needs.	408-727-5775

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### Legal Services:

<b>Family Law Facilitators</b> <a href="http://www.sanmateocourt.org">www.sanmateocourt.org</a> Free assistance with filling out family law forms.	650-261-5010
400 County Center, 2 <sup>nd</sup> Floor, Redwood City	
<b>Family Law Services</b> <a href="http://www.sanmateocourt.org">www.sanmateocourt.org</a> Family law assistance for men, women and families.	650-363-4711
609 Price Avenue, Suite 207, Redwood City	
<b>Legal Aid Society</b> <a href="http://www.legalaidsmc.org">www.legalaidsmc.org</a> Legal advice and counsel on civil matters for low-income individuals.	800-381-8898
330 Twin Dolphin Drive, Suite 123, Redwood City	
<b>San Mateo County Bar Association</b> <a href="http://www.smcba.org">www.smcba.org</a> Lawyer referral service.	650-369-4149
333 Bradford Street, 2 <sup>nd</sup> Floor, Redwood City	
<b>San Mateo County Department of Child Support Services</b> <a href="http://www.smcdecss.com">www.smcdecss.com</a>	866-901-3212
Answers to questions about the collection of child support from a non-custodial parent. 555 County Center, 2 <sup>nd</sup> Floor, Redwood City	

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