SAN MATEO COUNTY
SOCIAL SERVICES & SUPPORT

1 FOOD & GROCERIES

- Second Harvest of Silicon Valley: Bing Center in San Carlos: 1-800-984-3663
- Nuestra Casa: drive-thru food pick up in East Palo Alto and Redwood City (650) 321-4532
- CalFresh / EBT Online (800) 223-8383
- WIC San Mateo (650) 573-2168
- Mom’s Meals for disabled and older adults covered under Medicare and Medi-Cal (650) 616-2060

2 HEALTH SERVICES & INSURANCE

- If you need insurance/food stamp: Human Services Agency (800) 223-8383
- If you need to talk to a nurse urgently: Health Plan of San Mateo (833) 846-8773
- If you have general concerns about your health: New Patient Connection Center (650) 372-3200
- San Mateo County accessible health clinics
  - Ravenswood, East Palo Alto (650) 330-7400
  - North East Medical Services, Daly City (415) 391-9686
  - Mobile Clinic (650) 573-2786
  - South San Francisco Clinic (650) 877-7070
- If you are looking for COVID-19 or Flu vaccination sites: https://myturn.ca.gov/
- Order free at-home COVID-19 test kits: https://www.covidtests.gov/

3 FINANCIAL SUPPORT

- Cash assistance for families with children CalWORKS: (800) 223-8383 or (650) 594-5917
- Cash assistance for families with children General Assistance: (800) 223-8383
- Cash assistance for aged adults or immigrants CAPI: (800) 223-8383
- Range of benefits for veterans and their families Veteran Services (650) 802-6598

4 HOME SUPPORT

- The Legal Aid Society San Mateo County
  - Legal Support Hotline: (650) 558-0915
  - Eviction Support Hotline: (650) 517-8911
- Homeless Services: Samaritan House: (650) 347-3648
- Domestic Violence:
  - To find a shelter: W.O.M.A.N., Inc: (877) 384-3578
  - Community Overcoming Relationship Abuse (CORA): (800) 300-1080
- Mental Health:
  - Kara Grief Support: (650) 321-5272
  - National Suicide Prevention Lifeline: (800) 273-8255

* Resources that are accessible and available in short turn around time. Please expect an average of 1-3 days but can also take longer to access.

Updated 10/12/2023
SAN MATEO COUNTY
COMMUNITY ORGANIZATIONS

Find your city below and contact the organization if you need support for the following: food, emergency housing assistance, emergency utility assistance, shelter, rent assistance applications, and other basic needs.

<table>
<thead>
<tr>
<th>COASTSIDE HOPE</th>
<th>DALY CITY COMMUNITY SERVICE CENTER</th>
<th>FAIR OAKS COMMUNITY CENTER</th>
<th>IN-HOME SUPPORT SERVICES PROGRAM</th>
<th>PACIFICA RESOURCE CENTER</th>
</tr>
</thead>
<tbody>
<tr>
<td>(650) 726-9071 99 Ave Alhambra, El Granada</td>
<td>(650) 991-8007 350 90th St, Daly City</td>
<td>(650) 780-7500 2600 Middlefield Rd, Redwood City</td>
<td>(800) 675-8437 225 37th Ave, San Mateo</td>
<td>(650) 738-7470 1809 Palmetto Ave, Pacifica</td>
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<tr>
<td>M, T, TH, F 9 AM – 12 PM, 1 PM – 5 PM</td>
<td>M – F 9 AM – 12 PM, 1 PM – 4 PM</td>
<td>M, W, F 8 AM – 11 AM, 1 PM – 4 PM</td>
<td>M – F 8 AM – 5 PM</td>
<td>M, T, TH 9 AM – 12:30 PM, 1:30 PM – 5 PM, W 9 AM – 12:30 PM, 1:30 PM – 7 PM, Th 8:30 AM – 5 PM, F 9 AM – 1 PM</td>
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<tr>
<td>Cities Served: El Granada, Half Moon Bay, Moss Beach, Montara</td>
<td>Cities Served: Colma, Broadmoor in Daly City</td>
<td>City Served: Redwood City</td>
<td>Cities Served: San Mateo County (IHS is for 65 years of age, disabled, or blind.)</td>
<td>City Served: Pacifica</td>
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<th>PUENTE DE LA COSTA SUR</th>
<th>SAMARITAN HOUSE</th>
<th>SAMARITAN HOUSE SOUTH</th>
<th>ST. VINCENT DE PAUL HOMELESS HELP CENTERS</th>
<th>YMCA, COMMUNITY RESOURCE CENTER</th>
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<tbody>
<tr>
<td>(650) 879-1691 620 North St, Pescadero</td>
<td>(650) 347-3648 4031 Pacific Blvd, San Mateo</td>
<td>(650) 294-4312 1852 Bay Rd, East Palo Alto</td>
<td>(650) 343-4403 50 N B St, San Mateo</td>
<td>(650) 276-4101 1486 Huntington Ave, South San Francisco</td>
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<td>Cities Served: Brisbane, San Bruno, South San Francisco</td>
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