1. **FOOD & GROCERIES**
   - Second Harvest of Silicon Valley, Bing Center in San Carlos: (650) 610-0800
   - CalFresh/EBT Online (800) 223-8383
   - WIC California (800) 223-8383
   - Great Plates Delivered: Home Meal for Seniors (800) 675-8437
   - Ecumenical Hunger Project (650) 323-7781
   - Jewish Families & Children’s Services in South Peninsula: (650) 688-3030/in Mid-North Peninsula: (650) 931-1800
   - Mom's Meals for disabled and older adults covered under Medicare and Medi-Cal. (650) 616-2060.

2. **HEALTH SERVICES & INSURANCE**
   - If you have a job & don’t have insurance: SMC Health Coverage Unit (650) 616-2002
   - If don’t have job & don’t have insurance: Access and Care for Everyone (ACE) 650-616-2002
   - 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

3. **FINANCIAL SUPPORT**
   - For immigrants: Immigrant Families Fund funds $500 to families who were left out of the federal government’s relief effort/coronavirus stimulus check.
   - For undocumented immigrants: Catholic Charities offers relief funds. (650) 295-2160
   - Referrals and resources for material goods, transportation programs and food: SMC Core Services Agencies
   - Utility Protections: The Relief for Energy Assistance through Community Help (REACH) program is for low-income customers

4. **HOUSING SUPPORT**
   - Eviction legal support: The Legal Aid Society of San Mateo County (650) 347-3648
   - Homeless services: 211 & Samaritan House: (650) 347-3648
   - Domestic violence: Community Overcoming Relationship Abuse (CORA): (800) 300-1080
     - North American Islamic Shelter for the Abused: (888) 275-6472
     - National Suicide Prevention Lifeline: (800) 273-8255; Spanish (888) 628-9454
   - Mental health & substance use disorder:
     - SMC Substance Use Treatment Services: (800) 686-0101
     - National Suicide Prevention Lifeline: (800) 273-8255; Spanish (888) 628-9454