

Physician Guide to Health Resources for the Prenatal to Five Population

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Family Health Resource Line 1-888-840-0889

Medical Services:

San Mateo Medical Center:

Coastside Clinic 650-573-3941

225 South Cabrillo Highway, Suite 200A, Half Moon Bay

Daly City Clinic 650-301-8600

380 - 90th Street, Daly City

Daly City Youth Health Center 650-985-7000

2780 Junipero Serra Boulevard, Daly City

Fair Oaks Adult Clinic 650-364-6010

2710 Middlefield Road, Redwood City

Fair Oaks Children's Clinic 650-261-3710

630 Laurel Street, Redwood City

Main Campus Pediatric Clinics 650-573-3434

222 - 39th Avenue, San Mateo

Mobile Clinic 650-573-2786

Call for day and time of scheduled stops.

Sequoia Teen Wellness Center 650-366-2927

200 James Avenue, Redwood City

South San Francisco Clinic 650-877-7070

306 Spruce Street, South San Francisco

Willow Clinic 650-599-3890

795 Willow Road, Bldg. 334, Menlo Park

Other Clinics:

Arbor Free Clinic 650-493-5000

Free medical care and testing for uninsured persons.

795 Willow Road, Bldg. 334, Menlo Park (Sundays, 11-2)

Coastside Family Medical Center 650-712-7330

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

Ravenswood Family Health Center 650-330-7400

Comprehensive primary health care services for all ages.

1798-A Bay Road, East Palo Alto

RotaCare Clinics:

650-991-6046

www.rotacarebayarea.org

Free urgent care health services for uninsured persons.

- 225 South Cabrillo Highway, Suite 200A, Half Moon Bay (Wednesdays, 5:00-7:30 pm)

- Seton Medical Center, 1900 Sullivan Avenue, Daly City (Mondays, 5:00-7:00 pm)

Dental Services:

Denti-Cal

800-322-6384

www.denti-cal.ca.gov

Dental coverage for Medi-Cal recipients only.

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

Low-cost dental care available to anyone by appointment.

University of the Pacific, School of Dentistry 415-929-6500

Low-cost dental care available to anyone.

Mental Health Services:

Mental Health Access Team

800-686-0101

Information, assessment and referral to county mental health system or other resources.

Nutrition Services:

Women, Infants and Children Program

650-573-2168

www.wicworks.ca.gov

Nutrition education and supplemental food for low-income women who are pregnant, post-partum or breastfeeding, and for children ages 5 or under.

Special Medical Services:

California Children Services (CCS) www.dhcs.ca.gov/services/ccs

650-573-2755

Funding and case management for diagnosis and treatment of children birth to age 21 with potentially chronic, disabling physical conditions.

Child Health and Disability Prevention Program (CHDP) www.dhcs.ca.gov/services/chdp

650-573-2877

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

Planned Parenthood Golden Gate www.ppgg.org

800-967-7526

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

Home Visiting Programs:

Adolescent Family Life Program www.smhealth.org/aflp

650-573-2501

Services for pregnant and parenting teens, including teen parent support groups.

Early Head Start www.ihsdinc.org

650-871-5613

Child and family development program for low-income families with children ages 0 - 3.

Head Start www.ihsdinc.org

650-871-5613

Child and family development program for low-income families with children ages 3 - 5.

Prenatal Advantage/Black Infant Health Project www.smhealth.org/bih

650-363-7850

Prenatal care outreach, referrals, case management, health education and support for African American families.

Prenatal to Three Initiative www.prenatalto3.org

Family Health Resource Line: 888-840-0889

Accepts referrals of pregnant women and children on Medi-Cal. Offers home visits and parent groups to support healthy growth and development of children. Provides mental health and behavioral health services. Refers clients to other programs.

Public Health Field Nursing

650-573-2501

Assessment, teaching, counseling, advice and referrals for children, teens, adults.

Insurance:

AIM (Access for Infants and Mothers) program www.aim.ca.gov/english/AIMHome.asp

800-433-2611

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

Children's Health Initiative www.smcchi.org

650-573-3595

Access to comprehensive health insurance coverage for all children ages 0 through 18 in San Mateo County.

Health Plan of San Mateo www.hpsm.org

800-750-4776

Provides a primary care physician for Medi-Cal recipients.

Medi-Cal / Health Insurance Telecenter www.medi-cal.ca.gov

800-223-8383

Central County residents

550 Quarry Road, San Carlos

650-802-6470

North County residents

350 - 90th Street, Daly City

650-301-8720

South County residents

2415 University Avenue, East Palo Alto

650-363-4175

2500 Middlefield Road, Redwood City

650-599-3811

Child Abuse, Domestic Violence and Sexual Violence:

Children and Family Services		800-632-4615
Services for children age 17 or under in danger of abuse, neglect, or exploitation.		
Community Overcoming Relationship Abuse (CORA)	www.corasupport.org	650-312-8515
Emergency housing and counseling for battered women.		or 800-300-1080
Healthy Homes	www.yfes.org	650-579-0361
Counseling and advice for families with children under the age of 5 years who have witnessed family violence.		
Keller Center	Medical evaluations and crisis intervention. (Provider referrals <u>only</u>)	650-573-2623
Rape Trauma Services	www.rapetraumaservices.org	650-692-RAPE
Victims Center	Legal advice, referrals, exams, therapy and general assistance for victims of violent crime.	650-599-7479

Hotlines:

www.yfes.org

Alcohol and Drug Helpline		650-573-3950
CCAT 24-hour Parent Support Line		888-220-7575
Children and Family Services	A 24-hour line for reports of abuse, abandonment or exploitation.	800-632-4615
Community Overcoming Relationship Abuse (CORA) / Domestic Violence Crisis Hotline		650-312-8515
Emergency housing and counseling for battered women.	www.corasupport.org	or 800-300-1080
Crisis intervention & Suicide Prevention	24-hour phone service for people seeking help in dealing with a crisis.	800-SUICIDE
		or 650-579-0350
	Belmont through Palo Alto	650-368-6655
	San Mateo through Daly City	650-692-6655
	Coastside	650-726-6655

Emergency Food, Shelter and Clothing:

Coastside Opportunity Center (El Granada)	650-726-9071
Daly City Community Service Center	650-991-8007
Emergency Services Partnership (EPA, MP)	650-330-7432
Fair Oaks Community Center (Redwood City)	650-780-7500
North Peninsula Neighborhood Services Center (South San Francisco)	650-588-8822
Pacifica Resource Center	650-738-7470
Samaritan House (San Mateo)	650-347-3648

Temporary Financial Assistance:

(TANF, General Assistance, Food Stamps)	
Central region	
550 Quarry Road, San Carlos	650-802-6470
North region	
271 - 92 nd Street, Daly City	650-301-8400
350 - 90 th 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.		
Sudden Infant Death Syndrome Alliance	www.californiasids.com	800-221-7437
Information about SIDS.		
Teratogen Information Service	www.ctispregnancy.org	800-532-3749
Information for pregnant women and physicians on the effect of toxins and pollutants on the developing fetus.		

Other Children's Services:

Child Care Coordinating Council	www.sanmateo4cs.org	650-655-6770
Referrals for licensed child care, infant care, preschools, extended day care, summer camps. 2121 S. El Camino Real, Suite A-100, San Mateo		
Schwab Foundation for Learning	www.schwablearning.org	800-230-0988
Information and support for parents of learning disabled children. 1650 S. Amphlett Blvd., Suite 300, San Mateo		

Disability Services:

Center for Independence of the Disabled	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	650-363-4590
Free services for people who do not have private attorneys. 400 County Center, 2 nd Floor, Redwood City		
Family Law Services	www.sanmateocourt.org	650-366-8401
Family law assistance to men, women and families. 609 Price Avenue, Suite 207, Redwood City		
Legal Aid Society	www.legalaidsmc.org	800-381-8898
Legal advice and counsel on civil matters for low-income individuals. 521 East 5 th Avenue, San Mateo		
San Mateo County Bar Association	www.smcba.org	650-369-4149
Lawyer referral service. 333 Bradford Street, Redwood City		
Department of Child Support Services	www.smcdcss.com	650-366-8221
Answers to questions about the collection of child support from a non-custodial parent. 555 County Center, 2 nd Floor, Redwood City		
