

Low-Cost or Free Health Resources in San Mateo County

Health Clinics (Primary Care / Urgent Care)

Arbor Free Clinic

arbor.stanford.edu
795 Willow Rd., Menlo Park 94025
Sundays 650-493-5000 x22222
Weekdays 650-724-1332
Free medical care for low-income and homeless persons.
First come, first served. Specialty clinics available.

Ravenswood Family Health Center

1798-A Bay Rd., East Palo Alto 94303
at Belle Haven 650-321-0980
100 Terminal Ave., Menlo Park 94025
Offers dental and comprehensive health care services for all ages.

RotaCare Clinics

www.rotacarebayarea.org
Coastside RotaCare Clinic 650-799-9633
225 S. Cabrillo Hwy., #200-A
Half Moon Bay 94019
Offers basic medical care and medications to children and adults without health insurance.
RotaCare Clinic at Seton Medical Center.... 650-991-6046
1900 Sullivan Ave., Daly City 94015
Closed for holidays. Urgent care clinic only.

Samaritan House, Inc.

www.samaritanhouse.com
Redwood City Free Clinic 650-839-1447
114 - 5th Ave., Redwood City 94063

San Mateo Free Clinic 650-578-0400
19 W. 39th Ave., San Mateo 94403
Free non-emergency, primary care and dental services for uninsured, low-income persons.

San Mateo County Health System

www.smhealth.org
Mobile Clinic 650-573-2786
Health screenings, immunizations and family planning for low-income and homeless people.

San Mateo Medical Center

www.sanmateomedicalcenter.org
222 - 39th Ave., San Mateo 94403
Emergency Services (Medical) 650-573-2671
Emergency Services (Psychiatric) 650-573-2662
39th Avenue Health Clinics 650-573-3702
222 - 39th Ave., San Mateo 94403
Full-service specialty outpatient clinics including

pediatrics.
Coastside County Clinic 650-573-3941
225 S. Cabrillo Hwy., #200-A, Half Moon Bay 94019
Adult primary care, Ob / gyn care.
Daly City Clinic 650-301-8600
380 - 90th St., Daly City 94015

General family medical services including pediatrics.

Daly City Youth Health Center 650-985-7000
www.dalycityyouth.org

2780 Junipero Serra Blvd., Daly City 94015
For youth age 13-21.

Fair Oaks Adult Clinic 650-364-6010
2710 Middlefield Rd., Redwood City 94063
Internal medicine, primary care and some obstetrics services.

Fair Oaks Children's Clinic 650-261-3710
630 Laurel St., Redwood City 94063

Methadone Clinic 650-578-7190
795 Willow Rd., Bldg. 332, Menlo Park 94025

Ron Robinson Senior Care Center 650-573-2426
222 - 39th Ave., San Mateo 94403

Sequoia Teen Wellness Center 650-366-2927
200 James Ave., Redwood City 94063
Provides medical services to youth age 12-21.

South San Francisco Health Center
306 Spruce Ave.
South San Francisco 94080 650-877-7070
General family medical services.

Willow Clinic 650-599-3890
795 Willow Rd., Bldg. 334, Menlo Park 94025
Family practice, gynecology, prenatal care and pediatrics, AIDS services, mental health counseling, optometry and dental services for kids.

Hospitals and Medical Centers

Many hospitals offer classes, support groups, wellness services, hospice care, resource libraries and a variety of other services. Some services may only be available to members of particular medical groups.

Kaiser Permanente Medical Center

www.kp.org
1200 El Camino Real 650-742-2000
South San Francisco 94080 (TTY) 650-742-2253
1150 Veterans Blvd 650-299-2000
Redwood City 94063 (TTY) 650-299-2207
Emergency services available at both.

Mills-Peninsula Health Services

www.mills-peninsula.org
Mills Health Center 650-696-5400
100 S. San Mateo Dr., San Mateo 94401
An outpatient facility. Emergency services available.

Peninsula Medical Center 650-696-5400
1501 Trousdale Dr., Burlingame 94010
An acute care facility. Emergency services available.

San Mateo Medical Center 650-573-2222
www.sanmateomedicalcenter.org ... (TTY) 650-573-3753
222 - 39th Ave., San Mateo 94403
Emergency services available.

Sequoia Hospital650-369-5811
 www.sequoiahospital.org
 170 Alameda de las Pulgas, Redwood City 94062
 Emergency services available.

Seton Medical Center650-992-4000
 www.setonmedicalcenter.org (TTY) 650-997-7949
 1900 Sullivan Ave., Daly City 94015

Seton Medical Center Coastside650-563-7100
 www.setonmedicalcentercoastside.org
 600 Marine Blvd., Moss Beach 94038
 Emergency services available.

Stanford University Medical Center
 www.stanfordhospital.com
Lucile Packard Children's Hospital at Stanford
 www.lpch.org650-497-8000
 725 Welch Rd., Palo Alto 94304 (TTY) 650-326-4976

Stanford Hospital and Clinics
 300 Pasteur Dr. Stanford 94305650-723-4000
 Emergency services available..... (TTY) 650-725-5888
 450 Broadway St., Redwood City 94063650-721-7332
 Specialty clinics. No emergency services.

UCSF Medical Center415-476-1000
 www.ucsfhealth.org
 505 Parnassus Ave., San Francisco 94143
 Emergency services available.

Veterans Affairs Palo Alto Health Care System
 www.palo-alto.med.va.gov650-493-5000
 3801 Miranda Ave., Palo Alto 94304
 Emergency services available.

Veterans Affairs San Francisco Health Care System
San Bruno Outpatient Clinic650-615-6000
 1001 Sneath Ln., #300, San Bruno 94066

San Mateo County Health System
 www.smhealth.org
Adolescent Family Life Program (AFLP) 650-573-2501
 2000 Alameda de las Pulgas, #200, San Mateo 94403
 In-home services for pregnant and parenting teens.
Prenatal Advantage Black Infant Health Project
 2415 University Ave., 2nd Fl.650-363-7850
 East Palo Alto 94303
 Referrals, education and support for pregnant African-American women and fathers.

San Mateo Pro-Life 650-572-1468
 131 Sloop Ct., Foster City 94404
 Provides information on abortion alternatives, adoption, chastity, natural family planning and help for post-abortion difficulties.

Dental Services

Denti-Cal 650-573-2007
 www.denti-cal.ca.gov
 Dental coverage for Medi-Cal recipients only.

Foothill College Dental Hygiene Clinic 650-949-7335
 www.foothill.edu/bio/programs/dentalh/clinic.php
 12345 El Monte Rd., #5312, Los Altos Hills 94022
 Provides dental hygiene services and x-rays at low cost.

Samaritan House, Inc.
 www.samaritanhouse.com
Redwood City Free Clinic 650-839-1447
 114 - 5th Ave., Redwood City 94063
 Nine month wait minimum, no walk-ins for dental.

San Mateo Free Clinic 650-578-0400
 19 W. 39th Ave., San Mateo 94403
 Free non-emergency, primary care and dental services for uninsured, low-income persons. 3-6 month wait, serves Millbrae to San Carlos residents. Must be referred by a caseworker.

Sonrisas Community Dental Center 650-726-2144
 210 San Mateo Rd., #104, Half Moon Bay 94019
 Provides affordable dental care for low-income Coastside residents who are uninsured or have Medi-Cal. Accepts Healthy Families and Healthy Kids under 19.

UCSF School of Dentistry 415-476-1891
 dentistry.ucsf.edu
 707 Parnassus Ave., San Francisco 94143
 Low-cost dental care available to anyone by appointment.

University of the Pacific School of Dentistry
 www.dental.pacific.edu 415-929-6400
 2155 Webster St., San Francisco 94115
 Low-cost dental care available to anyone.

Reproductive Health Services and Information

Alpha Pregnancy Center415-584-6800
 5070 Mission St., San Francisco 94112
 Information and referral, free pregnancy tests, pregnancy options and post-abortion counseling, maternity and baby clothing, diapers and formula. Offers parenting classes, mom's support group and Bible study.

First Resort650-261-9115
 www.firstresort.net
 801 Brewster St., #210, Redwood City 94063
 Support and assistance to women experiencing an unplanned pregnancy. Pregnancy testing and ultrasounds for dating purposes.

Planned Parenthood Golden Gate 800-967-PLAN
 www.ppgg.org (800-967-7526)
 2211 Palm Ave., San Mateo 94403
 1230 Hopkins Ave., Redwood City 94062
 A medical clinic for women, men and teens that specializes in reproductive health concerns.

Vision Services

- Lions Club Sight First Program**.....650-571-5466
www.lionsclubs.org/EN
Provides services to low-income individuals and families.
- Sights for Students**.....650-573-3595
Provides free vision exams and glasses to low-income, uninsured children under age 18.
- VISION USA**650-573-3595
Provides basic eye health and vision care services free of charge to uninsured, low-income people and their families.
- Vista Center for the Blind and Visually Impaired**
www.vistacenter.org.....650-858-0202
2470 El Camino Real, #107, Palo Alto 94306
Provides services to individuals and families affected by vision loss or impairment.

Behavioral Health and Counseling Services

- Anger Management and Domestic Abuse Therapy Center**650-375-0449
430 Peninsula Ave., #7, San Mateo 94401
Offers court-ordered and self-referred counseling programs including domestic violence counseling, anger management, and parenting and child abuse education in English and Spanish.
- Caminar**650-578-8691
www.caminar.org
1720 S. Amphlett Blvd., #123, San Mateo 94402
A community-based psychosocial rehabilitation service for persons with serious and persistent psychiatric disabilities.
- Catholic Charities CYO**650-295-2160 x210
www.ccyo.org
36 - 37th Ave., San Mateo 94403
Offers individual, teen, group, family and marital counseling and education to all persons, regardless of religion.
- Christian Counseling Centers, Inc.**650-570-7273
1510 Fashion Island Blvd., #110, San Mateo 94404
Offers individual and group psychotherapy for children, adolescents and adults, as well as couples and family therapy, regardless of religion.
- Family Service Agency**650-403-4300
www.familyserviceagency.org
24 - 2nd Ave., San Mateo 94401
Counseling, support groups on anger management, parenting, child abuse, domestic abuse and other groups as needed. Supervised visitation and exchanges.
Provides child care.
- Jewish Family and Children's Services**.....650-931-1800
www.jfcs.org
2001 Winward Way at Mariner's Island Blvd., #200
San Mateo 94404
Provides adult, child, marriage and family counseling.

- Mental Health Association** 650-368-3345
www.mhasmc.org
2686 Spring St., Redwood City 94063
Provides services for adults with mental illnesses and / or people with HIV / AIDS including housing, food and social programs.
- Mills-Peninsula Health Services**
Behavioral Health Services 650-696-5909
www.mphs.org
1501 Trousdale Ave., Burlingame 94010
Assessment for hospital-based programs.
- San Mateo County Health System**
www.smhealth.org
Alcohol and Drug Rehabilitation Programs
Alcohol and Drug Helpline 650-573-3590
Information about and referral to substance abuse services and crisis intervention.
- Behavioral Health and Recovery Services**
1950 Alameda de las Pulgas, San Mateo 94403
- Mental Health Access Team**..... 800-686-0101
Provides information, assessment, consultation and referral.
- Psychiatric Emergency Services**..... 650-573-2662
- Youth Case Management Services** 650-573-3504
- Seton Medical Center**
Outpatient Mental Health..... 650-991-6470
25 San Fernando Way, Daly City 94015
Intensive psychotherapy program that treats people who are experiencing acute psychological distress.
- YMCA of San Francisco**
www.ymcasf.org/peninsula/community.html
Pacifica Youth Service Bureau 650-355-3900
San Mateo Youth Service Bureau..... 650-349-7969
South San Francisco Youth Service 650-877-8642
Provides counseling for children, teens and families.
- Youth and Family Enrichment Services (YFES)**
www.yfes.org 650-591-9623
610 Elm St., #212, San Carlos 94070
Provides a variety of counseling options for families and children.

Health Coverage and Insurance Application Assistance

- Call the San Mateo County Community Health Advocates Hotline at 650-573-3595 for enrollment assistance and questions about Medi-Cal, Healthy Families, Healthy Kids, Kaiser Child Health Plan and the Access for Infants and Mothers (AIM) and the Access and Care for Everyone (ACE) programs.
- Access for Infants and Mothers (AIM) Program**
www.aim.ca.gov/Home/default.aspx..... 650-573-3595
Low-cost health coverage for mid-income pregnant women and their newborns.
- ACE (Access and Care for Everyone) Program**
..... 650-573-3595
For low-income adults who do not qualify for other public coverage programs and who meet certain eligibility requirements.

Breast and Cervical Cancer Treatment Program (BCCTP) Information Only 650-573-3595
Provides cancer treatment for eligible low-income residents who are screened by the Cancer Detection Programs (CDP). Enrollment is completed only through selected providers.

Care Advantage800-750-4776
A Medicare Advantage plan for adults who qualify for both Medicare and Medi-Cal.

Cancer Detection Programs (CDP)800-511-2300
Provides free clinical breast exams, mammograms, pelvic exams and Pap tests to underserved women.

Family PACT (Planning, Access, Care and Treatment)
www.familypact.org Information Only 650-573-3595
Provides comprehensive family planning services to eligible low-income men and women.

Health Plan of San Mateo800-696-4776
www.hpsm.org650-616-0050
A locally managed health care program for ACE Program, Care Advantage, HealthWorx, Healthy Families, Healthy Kids. Medi-Cal and Medicare recipients.

Healthy Families Program.....650-573-3595
www.healthyfamilies.ca.gov
Low-cost insurance for children and teens. Provides health, dental and vision coverage to children who do not have employer-sponsored insurance and do not qualify for no-cost Medi-Cal.

Healthy Kids650-573-3595
Health coverage for children ineligible for Medi-Cal or Healthy Families Program.

HealthWorx..... 800-750-4776
This program is for individuals who are In-Home Supportive Services Workers employed by the San Mateo County Public Authority.

HICAP, the Medicare Counseling Program
www.hicapsanmateocounty.org 800-434-0222
Assists seniors with Medicare billing, filing of claims and questions about supplemental and long-term care insurance. Senior centers and other locations offer HICAP services by appointment.

Legal Aid Society800-381-8898
www.legalaidsmc.org650-558-0915
521 East Fifth Ave., San Mateo 94402
The Health Consumer Center (HCC) protects and promotes the health care rights of children, persons with disabilities and low-income families and older adults.

Medi-Cal Human Services Agency Health Insurance TeleCenter (H.I.T.)800-223-8383
Medi-Cal pays for all or part of medical expenses for eligible low- to moderate-income families, individuals and pregnant women.

Medicare800-633-4227
www.medicare.gov
A Health Insurance Program for people age 65 or older, some disabled people under age 65, and people of all ages with End-Stage Renal Disease (permanent kidney failure treated with dialysis or a transplant).

Other Health Services

California Children Services (CCS).....650-573-2755
www.dhcs.ca.gov/services/ccs
2000 Alameda de las Pulgas, #230, San Mateo 94403
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
2000 Alameda de las Pulgas, #210, San Mateo 94403
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.

Family Caregiver Alliance800-445-8106
Bay Area Caregiver Resource Center
www.caregiver.org 415-434-3388
180 Montgomery St, #1100, San Francisco 94104
Offers a comprehensive range of services for family, partners, friends and others concerned with or caring for a brain impaired adult.

In-Home Supportive Services (IHSS)650-573-3900
Provides household and personal care assistance to Medi-Cal eligible elderly, blind and disabled individuals who are unable to remain safely in their own homes without this assistance.

Prenatal to Three Initiative 888-840-0889
www.prenatalto3.org
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.

San Mateo County Health System
www.smhealth.org
Edison Clinic 650-573-2385
222 - 39th Ave., San Mateo 94403
Full-service HIV specialty clinic.
Partner Services.....650-573-2482
Assists clients in notifying sex and / or needle-sharing partners of potential exposure to HIV or another STD.
STD Clinic (inside the Edison Clinic)650-573-2999
222 - 39th Ave., San Mateo 94403
Drop-in clinic for STD screening and treatment. All languages.
Testing on Demand..... 650-619-9125
Mobile Testing Van meets clients for rapid HIV, syphilis and Hepatitis C testing.

Women, Infants and Children Program (WIC)
www.wicworks.ca.gov 650-573-2168
Offers nutrition education and supplemental foods to low-income women and their children age 0-5 at clinics throughout the county.