

## 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** ..... 650-330-7400  
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** ..... 650-573-3774  
225 S. Cabrillo Hwy., #100-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

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

1000 Franklin Pkwy ..... 650-358-7000  
San Mateo 94403 ..... (TTY) 711  
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

**Sequoia Hospital** .....650-369-5811  
[www.sequoiahospital.org](http://www.sequoiahospital.org)  
 170 Alameda de las Pulgas, Redwood City 94062  
 Emergency services available.

**Seton Medical Center** .....650-992-4000  
[www.setonmedicalcenter.org](http://www.setonmedicalcenter.org) ..... (TTY) 650-997-7949  
 1900 Sullivan Ave., Daly City 94015

**Seton Medical Center Coastsideside** .....650-563-7100  
[www.setonmedicalcentercoastsideside.org](http://www.setonmedicalcentercoastsideside.org)  
 600 Marine Blvd., Moss Beach 94038  
 Emergency services available.

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

**Stanford Hospital and Clinics**  
 300 Pasteur Dr. Stanford 94305 .....650-723-4000  
 Emergency services available..... (TTY) 650-725-5888

**Stanford Medicine Outpatient Center**  
 450 Broadway St., Redwood City 94063 ....650-498-3333  
 Specialty clinics. No emergency services.

**UCSF Medical Center** .....415-476-1000  
[www.ucsfhealth.org](http://www.ucsfhealth.org)  
 505 Parnassus Ave., San Francisco 94143  
 Emergency services available.

**Veterans Affairs Palo Alto Health Care System**  
[www.palo-alto.med.va.gov](http://www.palo-alto.med.va.gov) .....650-493-5000  
 3801 Miranda Ave., Palo Alto 94304  
 Emergency services available.

**Veterans Affairs San Francisco Health Care System**  
**San Bruno Outpatient Clinic** .....650-615-6000  
[www.sanfrancisco.va.gov/cboc/sanbruno.asp](http://www.sanfrancisco.va.gov/cboc/sanbruno.asp)  
 1001 Sneath Ln., #300, San Bruno 94066

### Reproductive Health Services and Information

**Alpha Pregnancy Center** .....415-584-6800  
[www.alphapc.org](http://www.alphapc.org)  
 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 Resort** .....650-261-9115  
[www.firstresort.net](http://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

**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  
 P.O. Box 6273, San Mateo 94403  
 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](http://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](http://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](http://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  
[www.sonrisasdental.org](http://www.sonrisasdental.org)  
 210 San Mateo Rd., #104, Half Moon Bay 94019  
 Provides affordable dental care for low-income Coastsides 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](http://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](http://www.dental.pacific.edu) ..... 415-929-6400  
 2155 Webster St., San Francisco 94115  
 Low-cost dental care available to anyone.

- 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  
www.angercure.org  
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.cccyo.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.

- 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.

**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 Mateo** .....800-696-4776  
www.hpsm.org .....650-616-0050  
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 Kids** .....650-573-3595  
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 Society** .....800-381-8898  
www.legalaidsmc.org .....650-558-0915  
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.

**Medicare** .....800-633-4227  
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).

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 Alliance** ..... 800-445-8106

**Bay Area Caregiver Resource Center**  
www.caregiver.org .....415-434-3388  
785 Market St., #750, San Francisco 94103  
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.