

SAN MATEO COUNTY

SOCIAL SERVICES & SUPPORT



SAN MATEO
COUNTY HEALTH
All together better.



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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



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HEALTH SERVICES & INSURANCE

- If you need insurance/food stamp: Human Services Agency (800) 223-8383
- For insurance: [SMC Health Coverage Unit](#) (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 *
 - [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/>



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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



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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.*

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.

<p>COASTSIDE HOPE</p> <p>(650) 726-9071 99 Ave Alhambra, El Granda</p> <p>M, T, TH, F 9 AM – 12 PM, 1 PM – 5 PM, W 1 PM – 5 PM</p> <p>Cities Served: El Granada, Half Moon Bay, Moss Beach, Montara</p>	<p>DALY CITY COMMUNITY SERVICE CENTER</p> <p>(650) 991-8007 350 90th St, Daly City</p> <p>M – F 9 AM – 12 PM, 1 PM – 4 PM</p> <p>Cities Served: Colma, Broadmoor in Daly City</p>	<p>FAIR OAKS COMMUNITY CENTER</p> <p>(650) 780-7500 2600 Middlefield Rd, Redwood City</p> <p>M, W, F 8 AM – 11 AM, 1 PM – 4PM T, TH 8 AM – 11 AM, 3 PM – 4 PM</p> <p>City Served: Redwood City</p>	<p>IN-HOME SUPPORT SERVICES PROGRAM</p> <p>(800) 675-8437 225 37th Ave, San Mateo</p> <p>M – F 8 AM – 5 PM</p> <p>Cities Served: San Mateo County (IHS is for 65 years of age, disabled, or blind.)</p>	<p>PACIFICA RESOURCE CENTER</p> <p>(650) 738-7470 1809 Palmetto Ave, Pacifica</p> <p>M, T, TH 9 AM – 12:30 PM, 1:30 PM – 5 PM, W 9 AM – 12:30 PM, 1:30PM - 7 PM, Th 8:30 AM – 5 PM, F 9 AM – 1 PM</p> <p>City Served: Pacifica</p>
<p>PUENTE DE LA COSTA SUR</p> <p>(650) 879-1691 620 North St, Pescadero</p> <p>M – F 9 AM – 1 PM, 1:30 PM – 6 PM</p> <p>Cities Served: La Honda, Loma Mar, San Gregorio</p>	<p>SAMARITAN HOUSE</p> <p>(650) 347-3648 4031 Pacific Blvd, San Mateo</p> <p>M, T, W, F 9 AM – 12 PM, 1 PM – 5 PM TH 9 AM – 12 PM</p> <p>Cities Served: Belmont Mill Area, Burlingame, San Carlos, San Mateo, Foster City. Deliver only to seniors. Offers homeless services.</p>	<p>SAMARITAN HOUSE SOUTH</p> <p>(650) 294-4312 1852 Bay Rd, East Palo Alto</p> <p>M, T, W, F 9 AM – 12 PM, 1 PM – 5PM TH 9 AM – 12 PM</p> <p>Cities Served: East Palo Alto, Menlo Park</p>	<p>ST. VINCENT DE PAUL HOMELESS HELP CENTERS</p> <p>(650) 343-4403 Help Line: (650) 343-4403</p> <p>50 N B St, San Mateo</p> <p>M – F 9:30 AM – 12 PM, 1 PM – 4PM</p> <p>Cities Served: San Mateo County</p>	<p>YMCA, COMMUNITY RESOURCE CENTER</p> <p>(650) 276-4101 1486 Huntington Ave, South San Francisco</p> <p>M – F 8 AM – 4 PM In-person walk-in: M 8AM – 12PM T/TH 12 – 4 PM</p> <p>Cities Served: Brisbane, San Bruno, South San Francisco</p>