

San Mateo County Resources

Help Me Grow San Mateo County (650) 762-6930

Your first stop for information to help you support your young child's learning and development

AbilityPath's Family Resource Center (650) 259-0189

Provides parent-to-parent support to families of children with special needs and disabilities

Behavioral Health & Recovery Services 24/7 Crisis Line (650) 579-0350

Evaluation, referral, and services to low-income individuals with mental health or substance abuse concerns (all ages)

ACCESS Call Center (800) 686-0101

Drug & Alcohol (650) 802-6400

California Children's Services (650) 616-2500

Specialized medical care for children with eligible conditions (0-21 years)

Child Care Coordinating Council (4Cs) (650) 655-6770

Listings of child care and preschool programs, as well as subsidy information

Child Health & Disability Prevention (CHDP) (650) 573-2877

Free health checkups and immunizations for low-income children (ages 0-19 years; 21 if Medi-Cal)

Community Overcoming Relationship Abuse (CORA) (800) 300-1080

Services to provide safety, support, and healing for those affected by domestic abuse

Dental Care (Denti-Cal) (800) 322-6384

Referrals to dental services for Medi-Cal eligible individuals (all ages)

Early Head Start IHSD (650) 578-3440

Educational, health & social services to low-income children, including children with special needs

Peninsula Family Services (650) 403-4300

Family Crisis Parent Support Line (888) 220-7575

Counseling and resource information

Star Vista (650) 591-9623

Golden Gate Regional Center (650) 574-9232

Services and case management for those with developmental disabilities, including Early Intervention Services.

Health Plan of San Mateo (Medi-Cal) (650) 616-0050

County operated health system providing health care to low-income individuals

Healthy Kids (650) 616-2133

Magellan Behavioral Health (800) 424-4134

Human Services Agency Cal-Fresh (800) 223-8383

Financial, housing, and Cal-Fresh services for families

Housing (650) 802-3300

Legal Aid Society of San Mateo County (650) 558-0915

Counsel and advice on a variety of legal topics

Special Education Local Plan Area (SELPA) (650) 802-5464

Special Education services through local public schools for eligible students with special needs (ages 3 up to 22 years)

Supplemental Security Income (SSI) (800) 772-1213

Cash assistance and Medi-Cal to low-income individuals with disabilities (all ages)

Women, Infants and Children (WIC) (650) 573-2168

Nutrition and breastfeeding counseling, food vouchers, and breast pump loans to low-income pregnant or nursing women, infants, and children (ages 0 up to 5 years)