


Counseling			
Program	Hours	Services	Contact
Mental Health Access Team 3080 La Selva San Mateo, CA 94403	Mon-Fri 9 am to 5 pm (For the phone interview)	<ul style="list-style-type: none"> Working collaboratively with the Substance Abuse Services and Providers in San Mateo County and evaluate the impact alcohol and other drugs may have on mental health, as part of the Mental Health clinical assessment. Also locations in San Mateo, Redwood City, East Palo Alto, and Half Moon Bay Call the same (800) number. 	1-(800) 686-0101 (650) 573-2302 T.D.D. 1-800-943-2833 http://sanmateo.networkofcare.org
Youth and Family Enrichment Services 610 Elm Street, Suite 212 San Carlos, CA	24 HR	Counseling Clinic <ul style="list-style-type: none"> Provides affordable individual and family counseling for adults who are dealing with anxiety, depression, relationships and communication issues. Clients are able to learn new coping strategies, change negative patterns and increase parenting skills Crisis Hotline <ul style="list-style-type: none"> This 24-hour telephone hotline offers counseling for people who are feeling depressed or suicidal. Lines are safe and anonymous places to explore feelings and concerns, vent frustrations, clarify problems, get referrals or just to talk. 	(650) 591-9623 ext. 130 www.yfes.org www.crisiscenter.cc 650-579-0350.
Daly City Youth Health Center (Serves ages 13-21) 2780 Junipero Serra Boulevard Daly City	Mon-Fri 9:30 am to 6 pm Lunch Break 12 noon to 1:00pm	Mental Health Services Parent/Teen Conflict Depression Poor School Grades Partner Conflict/Relationship Issues Truancy Arrests and/or Violations Anxiety Substance Abuse Peer Conflict Suicidality Anger Management Eating Disorders Sexuality HIV Pre and Post-Test Counseling Violence and/or Fighting	(650) 985-7000 http://dalycityyouth.org/ 

Employment

PeninsulaWorks



PeninsulaWorks offers services for people of all skill levels and situations. However, if you fit one of the groups below, click the links or call the phone number shown.

- [Youth](#): Call 650-301-8492
- [Persons 55 and older](#):
Call 650-403-4300
- Veterans: Call 650-802-5000
- Professionals, management, and high-tech: Call 650-802-5000
- [Persons with disabilities](#):
Call 650-358-4180
- [Persons wanting to file unemployment insurance claims](#):
Call 800-300-5616

271 92nd St. Daly City
(650) 301-8440

550 Quarry Rd. San Carlos
(650) 596-1035

2500 Middlefield Rd. Redwood
City (650) 367-0190

1200 O'Brien Dr. Menlo Park
(650) 330-6490

www.peninsulaworks.org


Opportunities Industrialization Center West (OICW)


1200 O'Brien Drive.
Menlo Park

OICW is a non-profit job training and placement center on the Menlo Park-East Palo Alto border. OICW provides training, counseling and job placement services, teen programs, and child development at low or no cost to people who need our help.


(650) 330-6429

[http://www.oicw.org/
info@oicw.org](http://www.oicw.org/info@oicw.org)


HIV/AIDS Care			
<p>Edison Clinic San Mateo County Health Services 222 39th Ave. San Mateo</p>	<p>Mon-Fri 8:00 am to 4:30 pm</p>	<p>The major provider of primary outpatient medical care for people with HIV/AIDS in San Mateo County. Nurses and medical practitioners provide early intervention and critical medical care to anyone with HIV or AIDS seeking services. A donation of \$10-\$20 is requested, although no one will be turned away. <i>HIV/AIDS outpatient care is also available at the Willow Clinic in Menlo Par (1300 Crane Street Menlo Park, CA 94025) and the North County Health Center in Daly City.</i></p>	<p>(650) 573-2385 http://www.smhealth.org/smc/department/home/0,2151,1954_191912,00.html Willow Clinic (650) 498-6500</p>
<p>AIDS Community Research Consortium (ACRC) 1048 El Camino Real Suite B Redwood City</p>	<p>AIDS Community Research Consortium (ACRC) is to support health and quality of life through culturally appropriate programs that are responsive to the changing needs of those infected and affected HIV/AIDS and Hepatitis C (HCV). ACRC is dedicated to empowering its clients, communities, and its partners through community-driven programming, education, and consultation.</p>	<p>(650) 364-6563 www.acrc.org infor@acrc.org</p>	
<p>Ellipse Peninsula AIDS Services 173 South Blvd. San Mateo</p>	<p>ELLIPSE is the community based non-profit agency in San Mateo County devoted exclusively to serving people who are HIV-infected, their families, friends, and loved ones. Case Program and Client Services Nutritional Programs- groceries and nutritional supplements provided weekly to clients Therapist Matching Program-Clients are paired with a licensed volunteer therapist for on-going professional counseling Referrals- Referrals to other San Mateo County Agencies that serve our HIV Community providing further medical, rental, emotional support, and financial assistance.</p>	<p>(650) 572-9702 http://www.ellipse650.com/</p> 	

Housing		
<p>Human Investment Project (HIP Housing) 364 S. Railroad Ave. San Mateo</p> 	<p>Home Sharing program--facilitates a living arrangement in which two or more unrelated people share a home or apartment.</p> <p>Self-Sufficiency--provides housing help and supportive services to low- income families transitioning to self-reliance.</p> <p>Home Equity Conversion--allows senior homeowners to convert the equity in their homes into monthly income, without giving up their property. Staff provides counseling services and options.</p> <p>Property Development, HIP Housing acquires and rehabilitates existing housing to expand the pool of affordable housing for low-income persons and families in San Mateo County.</p>	<p>(650) 348-6660</p> <p>www.hiphousing.org</p>
<p>Project Sentinel 430 Sherman Ave. #308 Palo Alto</p>	<p>Project Sentinel is a non-profit agency providing services to help people resolve housing problems. The agency assists home seekers as well as housing providers through counseling, complaint investigation, mediation, conciliation and education.</p> <p>The services are funded by cities and counties in the greater Bay Area and Central Valley. All services are free and confidential.</p>	<p>(650) 321-6291</p> <p>www.housing.org</p>

Legal Aid		
<p>Bay Area Legal Aid 2287 S. El Camino Real San Mateo</p>	<p>Providing high quality legal assistance to low-income people regardless of their location, language, or disability. Bay Legal is uniquely positioned to help people across county lines.</p> <p>Bay Legal assists people in the areas of housing, public benefits, health access, and domestic violence.</p>	<p>Alameda County (510) 250-5270 Contra Costa County West (510) 250-5270 Contra County East (925) 219-3325 San Francisco County (415) 354-6360 San Mateo County (650) 472-2666 Santa Clara County (408) 850-7066 Toll-free (800) 551-5554 www.baylegal.org</p>
<p>Legal Aid Society of San Mateo County 521 E. 5th Ave. San Mateo</p>	<p>Legal Aid offers individual representation and legal education to those in need in the areas of Housing and Homelessness; Domestic Violence Prevention for Women and Teens; Family Law; Government Benefits; Health and Mental Health, Disability Rights and Special Education Access; and Micro-Enterprise Development. Legal Aid is committed to resolving disputes at their earliest and lowest levels</p>	<p>(650) 558-0915 www.legalaidsmc.org</p>
<p>Youth and Family Enrichment Services 610 Elm Street, Suite 212 San Carlos</p>	<p>Family Law Services—This program offers workshops on the legal, financial and psychological impacts of divorce, as well as assistance with filing for divorce, restraining orders, child custody, visitation rights, and child and spousal support. The program also provides telephone assistance for caller seeking information and referrals relating to family law</p>	<p>http://www.yfes.org/ monica.murphy@yfes.org 650-366-8401 x310.</p>

Medical Care			
<p>Medical Care Daly City-Colma Rota Care Clinic 1900 Sullivan Ave. Daly City</p>	<p>(Mon. 5:30-7:30)</p>	<p>*Free urgent care health services and screenings for uninsured persons *No appointment necessary 4th Monday of every month 5:00 pm - 7:00 pm</p>	<p>(650) 991-6046</p>
<p>San Mateo County Health Center 222 39th Ave. San Mateo</p>	<p>Mon-Fri 8:00 am to 4:30 pm</p>	<p>Edison Clinic--located in the San Mateo Medical Center. Clients have access to a full range of on site services such as: social services, case management, health education, drug & alcohol assessment, mental health counseling, nutritional & benefits counseling, clinical trials and the Drop-In Center.</p>	<p>(650) 573-3434</p>
<p>Daly City Youth Health Center (Serves ages 13-21) 2780 Junipero Serra Boulevard Daly City</p>	<p>Mon-Fri 9:30 am to 6 pm Lunch Break 12 noon to 1:00pm</p>	<p>Medical services</p> <ul style="list-style-type: none"> ❖ Exams & check-ups ❖ School vaccines ❖ Acute illness care ❖ Pap smear and breast exams ❖ Tuberculosis skin testing & treatment ❖ Check-ups for any reproductive health problems or changes ❖ Birth Control Methods – condoms, birth control pills, Depo-Provera, the Patch, I.U.D.'s ❖ Morning After Pill ❖ Pregnancy Testing & Counseling ❖ In case of pregnancy, we provide referrals for pre-natal care, abortion or adoption services. ❖ Testing & Treatment of Sexually Transmitted Infections ❖ HIV Testing & Counseling ❖ Prescriptions ❖ Vision & Hearing Screening 	<p>(650) 985-7000 http://dalycityyouth.org/</p> 

SSI/General Relief		
<p>General Assistance 550 Quarry Road San Carlos</p>	<p>*Alcohol & Other Drug Services *Children & Family Services *Employment and financial Assistance *Health Insurance *Housing *Others (Family Violence and more)</p>	<p>(650) 802-7543 www.smchsa.org</p>
<p>Family Service Agency Ways to Work Family Loan Program 24 2nd Ave. San Mateo</p>	<ul style="list-style-type: none"> • Counseling and coaching to help families and individuals effectively manage many of life's challenges • Specialized children's therapy groups • Comprehensive child abuse treatment program • Parent-Child Interactive Therapy • Trauma focused therapy • Behavior modification focused therapy • School based counseling • Familia Sana bilingual program for Spanish-speaking families • Shelter-based counseling 	<p>(650) 403-4300 ext. 4100</p>

STD/HIV testing			
<p>San Mateo Medical Center 222 39th Street, San Mateo</p>	<p>Tuesdays 4:00-7:00 PM & Fridays 3:00-6:00 PM</p>	<ul style="list-style-type: none"> • Enter through the main revolving door, turn left, and follow the signs to the Edison Clinic. A donation of \$10-\$20 is requested, although no one will be turned away. • Beginning May 1, the STD Clinic will no longer offer anonymous HIV testing combined with full STD testing. For patients desiring STD testing along with HIV, all tests will be offered on a confidential basis. For patients wanting only HIV testing, we will offer anonymous testing. 	<p>(650) 573-2346.</p> 
<p>HIV Testing Van & Mobile Clinic</p>	<p>San Mateo County -- Health Department -- AIDS Program HIV Testing Van Schedule</p>	<p>Free of charge ❖ A donation of \$10-\$20 is requested, although no one will be turned away</p>	<p>HIV Testing Van: (650) 573-2588 Mobile Clinic: (650) 573-2786</p>
<p>North County Community Health Center 380 90th St. Daly City</p>	<p>Mon 8 am to 9 pm Tue-Fri 8 am to 5 pm</p>	<p>Free of charge ❖ A donation of \$10-\$20 is requested, although no one will be turned away</p>	<p>(650) 301-8600</p>
<p>Daly City Youth Health Center (Serves ages 13-21) 2780 Junipero Serra Boulevard Daly City</p>	<p>Mon-Fri 9:30 am to 6 pm Lunch Break 12 noon to 1:00pm</p>	<p>HIV Pre and Post-Test Counseling HIV Testing & Counseling HIV/ STD testing is free</p>	<p>(650) 985-7000 http://dalycityyouth.org/</p>

Substance Abuse Treatment			
Youth and Family Enrichment Services 610 Elm Street, Suite 212 San Carlos, CA	24 HR	Alcohol and Drug Helpline This is a 24-hour free service that offers support, information about 12-step programs, and referrals to an extensive database of social service agencies throughout San Mateo County	(650) 579-0356 www.yfes.org
Asian American Recovery Services 6181 Mission St. Daly City	Mon to Fri 9 am to 5 pm (Making an appointment recommended)	This program has bilingual (Tagalog and English) staff Individual and group counseling sessions: Aftercare support groups, community service, and vocational school/training Sliding fee scale based on income and other factors, payment assistance	(415) 337-0140 http://www.aars-inc.org/
Free at Last 1796 Bay Road East Palo Alto, CA	Mon to Fri 8 am to 9 pm (Making an appointment recommended)	Prevention & Intervention Youth Services Treatment Programs Long-Term Success	(650) 462-6999 www.freeatlast.org
Women's Recovery Association 1450 Chapin Ave. 1 st Floor Burlingame	Orientation Group Every Tuesday 9 a.m. to 11 a.m. Just show up on time. There is no charge and no appointment is necessary. Treatment Readiness Group Monday 11:45 a.m. to 12:45 p.m. and Thursday 9 a.m. to 10 a.m. Costs are assessed on a sliding scale and help is available for low-income clients		(650) 348-6603 www.womensrecovery.org

Hotlines

Alcohol and Drug Helpline

(650) 573-3950

Community Overcoming Relationship abuse (CORA)

(800) 300-1080

Psychiatric Emergency Services

(650) 573-2662

Rape Trauma Services

(650) 692-7273

Youth and Family Enrichment Services (YFES) Crisis Intervention and Suicide Prevention Center

(650) 579-0350

(800) SUICIDE

(800-784-2433)

