

Pregnant or just gave birth?

Mother to Baby CA | 866-626-6847
mothertobaby.org

Info about drug, alcohol & other exposures for pregnant and breastfeeding people

Black Infant Health | 619-266-7466
cdph.ca.gov/blackinfanthealth

Culturally affirming skills growth and stress reduction for Black parents and babies

Interfaith Community Services
760-489-6380 | interfaithservices.org
Emergency assistance with diapers, formula, and food

Perinatal Care Network
800-675-2229
Assures pregnant people obtain early and continuous prenatal care and other services

Empty Cradle | 619-573-6515
emptycradle.org
Pregnancy and infant loss support, remembrance and education

Birthline | 858-270-2491
birthlineofsandiego.org
Life-affirming support and resources to pregnant people and families with children

Other Resources

PUBLIC ASSISTANCE

ACCESS | 866-262-9881
sandiegocounty.gov

Location-specific information on various programs like CalWorks financial assistance, with Family Resource Centers in:

- El Cajon
- Centre City
- Lemon Grove
- Oceanside
- Kearny Mesa
- Escondido
- Northeast SD
- Metro
- Southeast SD
- Chula Vista

FOOD SERVICES

CalFresh | 877-847-3663
benefitscal.org
Food purchase support for low-income legal residents

San Diego Food Bank | 866-350-3663
sandiegofoodbank.org
Distributes food through various programs

EMERGENCY PREVENTION

American Red Cross
redcross.org/ca/san-diego
First Aid/ CPR classes > 800-733-2767
Blood donation > 800-733-2767
Prepare for emergency > preparesandiego.org

Poison Control System
800-222-1222 | calpoison.org
Poison and treatment info for emergency cases

Childhood Lead Poisoning Prevention
800-424-5323 | epa.gov



American Red Cross



Can We Help?

1-800-500-6411 | sandiegowic.org

This institution is an equal opportunity provider.



General information:

211 - San Diego County Info Line

Phone: 211 | 211sandiego.org

Free, confidential referrals to community resources

Updated July 2024

Visit sandiegowic.org/referrals/ for more

Health

INSURANCE AND COVERAGE

211 | coveredca.com

Applications for health insurance coverage, including MediCal

San Diego Kids Health Assurance
619-542-4039 | sandiegocounty.gov

Free referrals for children's health coverage

Child Health and Disability Prevention Program | 619-692-8808
sandiegocounty.gov

Free health and dental check-ups for children

DENTAL

Oral Health Initiative | 888-534-7785
first5sandiego.org

Free dental services to pregnant people and children 0-5 who do not have dental insurance

La Maestra Dental Clinics
619-501-1235 | lamaestra.org

Comprehensive dental care, including free screenings, for all ages

IMMUNIZATIONS

San Diego Immunization Program
866-358-2966 | sdiz.org

Free shots for babies under age two

MENTAL HEALTH

24-Hour Crisis Service
888-724-7240 | up2sd.org/hotline

San Diego Postpartum Health Alliance | 619-254-0023
postpartumhealthalliance.org
Support and treatment referrals for parents experiencing postpartum depression/ anxiety

Family Planning

Planned Parenthood | 800-230-7526
plannedparenthood.org
Sexual and reproductive healthcare, including family planning

Family Pact | 916-650-0414
familypact.org
Referrals to medical providers, pharmacies & labs

Family Support

Family Support Connection | 866-937-9276
familysupportconnection.org/
Referrals to community resources

CHILDCARE & PRE-SCHOOL

Head Start | 888-873-5145
www.neighborhoodhouse.org
Federally funded pre-schools

YMCA Childcare Resource Service
800-481-2151 | ymcasd.org
Referrals to licensed childcare and subsidized childcare providers (includes special needs childcare)

FAMILY VIOLENCE

Child Abuse Hotline | 800-344-6000 | sandiegocounty.gov

Center for Community Solutions
888-385-4657 | ccssd.org
Domestic violence support/women's shelter

SUBSTANCE ABUSE

County Drug & Alcohol Services
888-724-7240
countynewscenter.com

Smoker's Helpline
800-662-8887 | kickitca.org

LEGAL ASSISTANCE

Child Support | 866-901-3212
childsupport.ca.gov
Child Support consultation for people who don't receive CalWorks (TANF)

Legal Aid Society | 877-534-2524
assd.org
Resolve legal problems free of charge

Consumer Center for Health Education and Advocacy
877-734-3258
healthconsumer.org
Answers questions regarding denials or appeals from MediCal and provides info on other health services

IMMIGRATION

Mexican Consulate | 619-231-8414
consulmex.sre.gob/mx/sandiego
Assistance to Mexican citizens in the U.S

International Rescue Committee
619-641-7510 | rescue.org
Programs for refugee families

