



## Can I go to the doctor on my own if I'm under 18?

### Can I get medical, dental, mental and other health services, without my parents' or guardians' permission?

Yes, **IF** you:

- are not living with your parents or legal guardian, and you take care of your own personal financial affairs OR
- have been married OR
- have given birth. You can consent (give the okay) for health services for your minor child OR
- want help for pregnancy, venereal disease or drug abuse, or to get the hepatitis B vaccination

### Will the doctor tell my parent or guardian?

- A doctor or health care professional, in good faith, trusts your statements about your circumstances, and may treat you without getting your parent's consent.
- A doctor or health care professional may tell your parents about treatments they gave you or treatments you need if they feel that it's not safe to keep the information from your parents.
- Many family doctors treat their minor patients confidentially, but if you're not sure, ask beforehand.
- If you get treatment and use your parent's insurance information, the insurance company will send your parents a notice about the services.



## Can my parents see my medical records?

No, **IF** you consented to and got health services and you:

- are not living with your parents or legal guardian, and you take care of your own personal financial affairs OR
- have been married OR
- have given birth OR
- want help for pregnancy, venereal disease or drug abuse, or to get the hepatitis B vaccination



## Who pays?

- If you give consent for health services, the bills are your responsibility.
- You can go to a public health clinic to get confidential advice and treatment. These clinics are usually cheaper and/or make it easier for minors to pay.
- You may be able to get Medical Assistance (MA).  
For more information go to the [Medical Assistance page](#) on the MN Department of Human Services website. Go to: [www.mn.gov/dhs](http://www.mn.gov/dhs).



- Click the down arrow on the “How do I?” tab at top right of the page
- Click on “Services” under “Apply for”
- To apply online: click “Online applications for individuals and families” then the [ApplyMN](#) link
- For a paper application to print, fill out and mail: click on “Paper applications for individuals and families”

## What if it is an emergency?

If you have a medical, dental or mental health emergency and you need help with it right away, a doctor can treat you without getting your parent’s consent.

**Fact Sheets are legal information NOT legal advice. See a lawyer for advice.**

*Don't use this fact sheet if it is more than 1 year old. Ask us for updates, a fact sheet list, or alternate formats.*

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