



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 manage your own personal financial affairs OR
- have been married OR
- have given birth. You can also give permission for health services for your minor child OR
- want help for pregnancy, STD treatment, drug abuse treatment, or to get the hepatitis B vaccine OR
- you are age 16 or older, want non-residential mental health services OR
- need emergency care

Will the doctor tell my parent or guardian?

- A doctor or health care professional, in good faith, should trust your statements about your circumstances and may treat you without getting your parents' 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 sends your parents a notice about the services.
- **Note:** if a doctor or nurse suspects that you are being abused or neglected by a parent or guardian, they may have an obligation to report the abuse or neglect.



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 manage your own personal financial affairs OR
- have been married OR
- have given birth OR
- want help for pregnancy, STD, or drug abuse treatment, or to get the hepatitis B vaccine



Who pays?

- If you give consent to get 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 <https://www.mnsure.org/>. You can read about the programs and apply online. Note: if you are eligible for MA, you can apply anytime during the year.

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 parents' 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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