

You Can Access Mental Health Services Without Parent or Guardian Consent

If you are:

- ✔ 12 years or older
- ✔ Enrolled in Medi-Cal
- ✔ Would like mental health guidance

Talk to your doctor or school counselor, or call your county [Medi-Cal](#) office for a referral to appropriate mental health services. **You have the right to consent to receive outpatient mental health services and bill your Medi-Cal insurance.**



Need Help Accessing or Navigating Mental Health Services?

Scan the QR codes for more information:



Youth Guide to Mental Health



Foster Youth Guide to Mental Health

In October 2023, Gov. Newsom signed [AB 665 Minors: Consent to Mental Health Services](#) into law.

The bill went into effect July 1, 2024, and gives minors the ability to consent to and use their existing Medi-Cal insurance to cover outpatient mental health services **without needing their parents' authorization.**

Outpatient Mental Health Services Could Include:



Psychological Evaluations



Individual or Group Therapy



Anxiety Treatment



Bipolar Disorder Treatment



Depression Treatment



Stress Management

For more information on covered mental health treatments and other frequently asked questions about AB 665, go to bit.ly/AB665FAQ.

What can you do if you are denied services?

AB 665 is a new law, and many providers may be confused or unsure about this update. If you meet the qualifications for AB 665 listed at the top of this page, show your provider the family law code to inform them of your rights. You can access the bill text by going to bit.ly/AB665Law.

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