

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:



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.

This fact sheet was created with the support of the [Youth Leadership Institute](#).



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BACKGROUND

- [AB 665 Fact Sheet](#)
- [AB 665 Background](#)
- **Hashtags:** #ItsYOURMentalHealth #AB665

AB 665 gives California youth on Medi-Cal the right to access mental health services on their own, without needing approval of a parent. This right was already available for California youth on private health insurance. AB 665 is a step toward youth mental health equity.

In partnership with [California Alliance of Child and Family Services](#), [California Children's Trust](#), [Cal Voices](#), [GENup](#), and the [National Center for Youth Law](#), [The Children's Partnership](#) has created a new fact sheet to help California youth and youth advocates connect to information and services. Please help us spread the good news with this social media toolkit.

SOCIAL MEDIA

⇒ [DOWNLOAD GRAPHICS](#)

Are you over 12?
On Medi-Cal?
Need #MentalHealth help?

A new law lets youth on Medi-Cal access mental health support on their own. No need for parent or guardian approval.

Check out the new fact sheet for more info & please share! [Bit.ly/AB665FactSheet](https://bit.ly/AB665FactSheet)

A colorful graphic designed to look like a social media post or flyer. At the top, it says "It's YOUR mental health!" in large, bold letters. To the right, a text box explains that youth aged 12-17 can get outpatient mental health services using their existing Medi-Cal insurance without needing parental authorization. Below this, a black button with white text says "FIND OUT HOW! New fact sheet". Underneath the button is a search bar with the text "Bit.ly/AB665FactSheet". The bottom of the graphic features a row of logos for partner organizations: GENUP, The Children's Partnership, California Alliance of Child and Family Services, California Children's Trust, National Center for Youth Law, HEALTH LAW, and CAL VOICES. The hashtag #ItsYOURMentalHealth is at the very bottom. The graphic also includes images of two young people, one in a circular inset and another in a larger photo at the bottom left.

It's YOUR mental health!

If you're 12-17 years old, you can get outpatient mental health services using your existing Medi-Cal insurance without needing your parents' authorization.

FIND OUT HOW!
New fact sheet

[Bit.ly/AB665FactSheet](https://bit.ly/AB665FactSheet)

GENUP The Children's Partnership California Alliance of Child and Family Services California Children's Trust National Center for Youth Law HEALTH LAW CAL VOICES

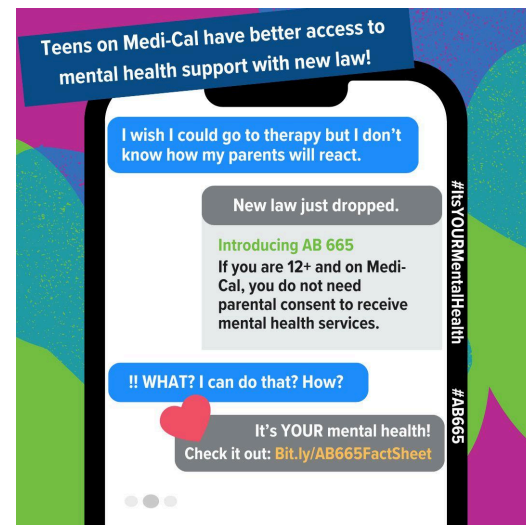
#ItsYOURMentalHealth

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- ✦ Therapy
- ✦ Addiction Counseling
- ✦ Help in Crisis

These are some of the mental health services you can access if you're 12-17 on Medi-Cal, even w/o support at home.

Find out more about the new law, #AB655, and how to get support: [Bit.ly/AB665FactSheet](https://bit.ly/AB665FactSheet) #ItsYOURMentalHealth



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If you work with California youth, we want you to have the new #MentalHealth law #AB665 in your toolbox!

The new fact sheet shows how teens can safely connect to mental health services, regardless of support at home: [Bit.ly/AB665FactSheet](https://bit.ly/AB665FactSheet) #ItsYOURMentalHealth

CONNECT YOUTH TO MENTAL HEALTH

NEW
FACT
SHEET!

Thanks to a new law (AB 665), minors can consent to and pay for outpatient mental health services using their existing Medi-Cal insurance without needing their parents' authorization.

Outpatient Mental Health Services Could Include:



Our new fact sheet connects youth and youth advocates to information on who this new law protects, how to connect to mental health services, and what to do if denied services.

Find out more: [Bit.ly/AB665FactSheet](https://bit.ly/AB665FactSheet)

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When things get rough, asking for help can be hard. A new law (#AB665) removes obstacles to better #ItsYOURMentalHealth.

Find out how you can connect to services like therapy, addiction counseling, and crisis help:
[Bit.ly/AB665FactSheet](https://bit.ly/AB665FactSheet)

12 or older? On Medi-Cal?
You can access mental health services and support on your own. You don't have to have a parent or guardian approve it. Find out how:



[Bit.ly/AB665FactSheet](https://bit.ly/AB665FactSheet)

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