

## RESOURCES

### **Pegasus Legal Services for Children**

Provides legal advice regarding your rights  
505-244-1101  
[pegasuslaw.org](http://pegasuslaw.org)

### **Women's Specialist of New Mexico**

Pregnancy and reproductive health services  
505-843-6168  
[wsnm.org/](http://wsnm.org/)

### **UNM Young Children's Health Center**

Mental and physical health services  
505-272-9242

### **UNM Truman Health Services**

Provides mental and physical health care for youth with HIV  
(505) 272-1312

### **All Faiths, Children's Advocacy Center**

Mental health services  
505-271-0329

### **New Mexico Alliance for School-Based Health Care**

Comprehensive list of school based health clinics throughout the state who provide mental, reproductive, and physical health services  
[nmasbhc.org/school-based-health-centers/sbhc-directory/](http://nmasbhc.org/school-based-health-centers/sbhc-directory/)

## RESOURCES CONTINUED...

### **Dar A Luz Birth & Health Center**

Pregnancy and reproductive health services  
505-554-3673  
[daraluzbirthcenter.org](http://daraluzbirthcenter.org)

### **Elevation Counseling**

Mental health services  
505-888-1686  
[elevationcounseling.com](http://elevationcounseling.com)

### **Southwest Family Guidance Center**

Mental health services  
505-830-1871  
[swfamily.com](http://swfamily.com)



## YOUTH LAW: HEALTH RIGHTS



**505.244.1101**

**[info@pegasuslaw.org](mailto:info@pegasuslaw.org)**

**[PegasusLaw.org](http://PegasusLaw.org)**

**505 Marquette Ave NW, Suite 1350  
Albuquerque, NM 87102**

## I AM 14 YEARS OLD, DO I NEED MY PARENTS' PERMISSION TO SEE A DOCTOR?

If you are 14 years of age or older, you have the right to consent to your own mental health care and your own reproductive health care. Generally, you are not able to consent to other types of physical health care on your own unless you are living apart from your parents or are a parent yourself. A young parent can consent to the medical care of his or her own child.

### What does “consent” mean?

Consent is the ability to agree to or refuse medical treatment, and being fully informed before you make a decision.

**OUR MISSION IS  
TO PROMOTE AND  
DEFEND THE RIGHTS OF  
CHILDREN AND YOUTH  
TO SAFE, STABLE HOMES,  
QUALITY EDUCATION  
AND HEALTHCARE,  
AND A VOICE IN  
DECISIONS THAT  
AFFECT THEIR LIVES.**

## HEALTH CARE

It is important to understand that there are many types of health care providers, including: doctors, physician's assistants, nurses, psychologists and other staff working with these professionals.

### Can I take birth control without my parents' consent?

At any age, you can consent to reproductive health services such as birth control, testing and treatment for sexually transmitted diseases, HIV/AIDS testing, and pregnancy.

### What does “confidentiality” mean?

Confidentiality is the legal term for when information must be kept private. In some cases, health care providers will have to talk to your parents, even when you can consent to care on your own. But in other cases, health care providers cannot give your parents confidential information without your permission.

When you are unsure about things like consent and confidentiality, you can always ask your health care provider.

## MENTAL HEALTH

Mental health treatment includes treatments such as: individual therapy, group therapy, case management, behavior management, family therapy, substance abuse treatment, and other forms of verbal therapy. When you are 14 years old or older, you can consent to mental health care on your own.

You can consent to psychotropic medication (for example, Ritalin, anti-psychotic medication, etc.). However, your mental health care provider must give your parents notice that you're taking this type of medication.

### Can my parents make decisions for me regarding mental health even though I am 14 or older?

Yes. If a court decides that you do not have the capacity to consent, the court may be able to consent to mental health treatment and psychotropic medications for you. Even when you have the right to consent to your own care, your mental health care provider might suggest that your parents or guardian get involved in your treatment. It is still your right to decide whether or not to have your parent or legal guardian be involved in your treatment, and it will not prevent you from making your own decisions.