

UC IRVINE COUNSELING CENTER

Mental Health Treatment of Students Under the Age of 18

If you are a student under the age of 18 (a legal minor), California law routinely requires the written consent of a parent or legal guardian to receive mental health treatment/psychological counseling. The Parental Consent Form for treatment is available from the Counseling Center receptionist or can be downloaded from the Counseling Center website (www.counseling.uci.edu) under “making your first appointment” Generally speaking, parents or legal guardians have the legal right to notification of treatment and access to treatment records of their children who are minors.

If this is an emergency, you can be seen for an emergency consultation without this written parental consent. The urgent care counselor may deem it necessary to involve your parents or legal guardian in your care. There are some special circumstances under which minors can be seen without parental consent (e.g., history of abuse by a parent). The urgent care counselor who talks with you will determine whether these circumstances are applicable in your situation.

Every consideration will be given to you and your situation to involve your parents in the way that is most beneficial for you. -- Thank you for your cooperation.