

CHILDREN'S LAW CENTER OF MINNESOTA

# exploring HEALTHCARE

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INFORM  
NAVIGATE  
EMPOWER



## OBTAINING MEDICAL DOCUMENTS

When you leave foster care the county is required to help you obtain your medical and dental records AND a contact list of your medical, dental, and mental health providers.

Be sure to ask your social worker for help in obtaining these important documents!

## Planned Parenthood

Offers affordable reproductive healthcare for men, women, and teens. A number of centers are located throughout Minnesota.

- [www.plannedparenthood.org](http://www.plannedparenthood.org)
- 612-823-6300 (MPLS)
- 651-489-1328 (St. Paul)

## Red Door Clinic

Provides free STD/HIV testing as well as birth control for youth ages 12-21. Many of Red Door's services are available on a walk-in basis and are provided regardless of a person's ability to pay.

- [www.reddoorclinic.org](http://www.reddoorclinic.org)
- 612-543-5555



# Health Care Resources

## Annex Teen Clinic

Provides low-cost, sexuality-related health care, health education, counseling and outreach to adolescents in North and Northeast Minneapolis and Northwest suburban Hennepin County. All services are confidential and are offered free or on a sliding fee scale.

- [www.annexteenclinic.org](http://www.annexteenclinic.org)
- 763-533-1316

## Face to Face Health Care

Youth ages 11-23 can receive counseling services, general medical and reproductive health care at the Face to Face Clinic located in St. Paul. Face to Face accepts most insurance plans, including medical assistance. Youth without insurance will only be charged what they can afford to pay.

- [www.face2face.org/get-help](http://www.face2face.org/get-help)
- 651-772-5555

## TAMS Teenage Medical Services

Provides accessible health services on behalf of youth ages 10-22 regardless of their ability to pay. TAMS services include: physical exams, immunizations, illness and injury exams, mental health services and counseling, and nutrition counseling.

- <http://www.childrensmn.org/Services/>
- 612-813-6125



# MINNESOTACARE

On their 18th birthday youth in foster care are automatically eligible for MinnesotaCare until age 21.

To be enrolled in MinnesotaCare contact your social worker for help completing the application.

The application may be found online at:

- <http://edocs.dhs.state.mn.us/lfserver/Legacy/DHS-3417-ENG>

Or an application may be sent to you by calling:

- 651-431-2670

## The Bridge

Provides health education, assessments and coordinated follow-up health care for youth as well as referrals for dental, medical, mental health, or chemical dependency treatment.

- [www.bridgeforyouth.org](http://www.bridgeforyouth.org)
- 612-377-8800

## YouthLink Health Care

Has an on-site medical clinic and a team of mental health professionals to assist youth in addressing their health-care needs. The following services are available: birth control, pregnancy testing, immunizations, STD testing, and treatment, strep tests, and injury/illness check-ups.

- [www.youthlinkmn.org](http://www.youthlinkmn.org)
- 612-252-1200

## West Suburban Teen Clinic

Offers low-cost medical, mental health, and health education services to youth ages 12 to 23. The clinic provides reproductive care for males and females, sports physicals, and care for minor physical problems. No one is turned away for inability to pay.

- <http://www.westsuburbanteenclinic.org/>
- 952-474-3251

