

## USER INFORMATION GUIDE for the 5-Actions Program™

### Indications for Use

- The 5-Actions Program™ (“the Program”) is not a substitute for professional or expert treatment. It does not provide medical advice, clinical diagnoses, or replace care from a licensed clinician. The Program is not a specific treatment or intervention.
- The Program is a self-guided, online learning program designed to help adults address challenges with substance use and/or addictive behaviors (gambling, sex, food, technology).
- The Program can be a resource for those who have never received professional treatment, but also provide additional support for those presently in treatment, or who have experienced treatment in the past.
- The Program brings attention to the underlying drivers of addiction, including insecure attachment, adverse childhood experiences, and trauma.
- The 5-Actions Program™ is a learning platform that can be used to help address the chronic nature of addiction over time. Therefore, you are free to use the Program for as long as it is made available, and to whatever degree is most helpful to you.
- The Program is intended for users whose primary language is English, and who have access to a computer, tablet, or smartphone with a high-speed Internet connection.
- The Program emphasizes healing relationships as the primary vehicle of behavior change, and offers suggestions on how to develop such relationships in your life.
- The Program is offered in partnership with the New Mexico Crisis and Access line, whose counselors are available 24/7. The Peer to Peer Warm Line is available daily from 7:00am – 11:30pm MT (phone) and 6pm – 11pm MT (text).

### Important Safety Information

- Before using the 5-Actions Program™, you should contact your primary care physician and discuss your plans to reduce or stop your drinking, drug

use and/or addictive behaviors, because doing so abruptly can be dangerous.

- If at any time during the use of the 5-Actions Program™ you feel overwhelmed, in crisis, suicidal, at risk for relapse, or in danger to yourself or someone else, call the New Mexico Crisis and Access Line at: 1-855-NMCRISIS (662-7474).
- If you are presently in treatment for addiction, please discuss with your primary counselor your intent to use the 5-Actions Program™.
- Short and long-term outcomes from using the 5-Actions Program™ have not been evaluated, so its ability to help you reduce or stop use of substances or addictive behaviors has not been studied.

### Getting started with the 5-Actions Program™

- The 5-Actions Program™ is accessed online ([www.nm5actions.com](http://www.nm5actions.com)) from most computers, tablets, and smartphone devices that have access to high-speed internet.
- Signing up is EASY, FREE and CONFIDENTIAL.
- All you need is an email address to set up your username and password after agreeing to the Terms of Use.
- Begin exploring the site with the **Get Started** page with three starting videos that provide an overview of the program and discuss the 24/7 phone support.
- There is no right or wrong way to use the Program. Feel free to skip around and watch videos, check out links, and download resources in whatever order makes sense to you.

### Getting Additional Help – 24/7/365 Phone Support

- The New Mexico Crisis and Access Line is here to help. Call us anytime at 1-855-NMCRISIS (662-7474).