

USER INFORMATION GUIDE for the New Mexico 5-Actions Program™

Indications for Use

- The New Mexico 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 platform designed to help adults understand and address pre-addiction and addiction to both substances and behaviors (e.g., gambling, sex, food, technology).
- The Program is intended as a learning platform to fill the gap in need for those not presently in some form of treatment, but who could benefit from learning more about pre-addiction and addiction.
- The Program can also be used by those wanting to help a loved one or friend with addiction.
- The Program is also available as a resource to be used by clinical, healthcare, criminal justice, and other professionals with clients/patients.
- The Program can be a resource 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. However, many videos offer closed captioning in Spanish.
- 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 to support you any time you feel stuck. A Peer to Peer Warm Line is also available daily from 7:00am – 11:30pm (phone) and 6pm – 11pm MT (text).

Important Safety Information

- Before using the 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 Program you feel overwhelmed, in crisis, suicidal, at risk for relapse, or in danger to yourself or someone else, dial 988, or call the New Mexico Crisis and Access Line directly 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 Program.
- Short and long-term outcomes from using the 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 Program

- The Program is accessed online (www.nm5actions.com) from most computers, tablets, and smartphone devices that have access to high-speed internet.
- Signing up requires entering a username and email address, and creating a password.
- Your use of the program is confidential, and your personal information will never be shared (See our Terms of Use and Privacy Policy for more information).
- After signing up, the Program asks a few questions about your use of the Program and history with addiction.
- Following the brief assessment you will be taken to the Dashboard where you can access all content in the Program.
- You may be emailed in the future with questions about how the Program is working for you.
- 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 anytime at 1-855-NMCRISIS (662-7474)**.