

# USER INFORMATION GUIDE

## NM 5-Actions™ Program

### Indications for Use

- NM 5-Actions™ (“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 addiction and co-occurring challenges with relationships, trauma, mood/depression, and anxiety.
- 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. It is also a resource for those wanting to help a loved one or friend struggling with addiction.
- The Program is licensed and paid for by the Behavioral Health Services Division of New Mexico, and you are free to use it for as long as it is made available and to whatever degree is most helpful to you.
- 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 with phone support from the New Mexico Crisis and Access Line, whose counselors are available 24/7, and the Peer-to-Peer Warmline.

### Important Safety Information

- Before using NM 5-Actions™ discuss your plans to use the Program with your primary care physician, particularly if your goal is to reduce or stop 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, call 988, the Suicide & Crisis Lifeline.
- If you are presently in treatment for any of the life challenges addressed in the Program, please

discuss with your counselor, therapist, or physician your intent to use it and how it can best support your treatment efforts.

- Short and long-term outcomes from using the Program have not been evaluated, so its ability to help you address addiction and other life challenges has not been studied.

### Getting started with NM 5-Actions™

- NM 5-Actions™ 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 with your first name, email address, and a password, and agreeing to the Terms of Use.
- After signing up for the Program, you will complete a short (2-3 minute) baseline survey and then gain access to the **Dashboard** where you can:
  - Assess your symptoms, learn about addiction and other life challenges (relationships, trauma, mood/depression, anxiety), and learn ways to address each of these issues.
  - Get information on accessing expert treatment.
  - Learn about live webinars that support the program.
- 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

- If you are in crises and need immediate help call 988, the Suicide & Crisis Lifeline.
- If you have questions or need help with the NM 5-Actions™ Program, call one of our trained clinicians at the New Mexico Crisis and Access Line anytime to assist you at 1-855-622-7474.
- If you want to talk with someone with lived experience through the state funded (free) Peer-to-Peer Warmline, call 1-855-466-7100 (7am – 11:30pm) or text (6pm – 11pm) 7-days a week.