

The 5-Actions Program™

A Self-guided roadmap for those struggling with addiction.



Program comes with 24/7 phone support in partnership with the New Mexico Crisis and Access line.

A self-guided, online platform to help adults (18 years and older) address substance use and/or addictive behaviors.

Learn More:

www.nm5actions.com



The 5-Actions Program™ was developed to give people access to powerful learning and behavior change tools.

The 5-Actions Program™ removes barriers that helps people start or restart their road to recovery.



Addresses alcohol, other drugs, and behavioral addictions (gambling, sex, food)



Builds upon evidence-based theories of change: Contextual Model & Self-Determination Theory



Contains over 6 hours of video to understand and address addiction



Includes self-help assessments and resources for people struggling with addiction



Can be used in combination with addiction medications to enhance treatment efforts



Offers coverage for hard-to-reach populations in areas where services are limited or unavailable.



Includes information for families, friends, and loved ones struggling with addiction



Provides COVID-specific resources for those struggling with addictive behaviors

The 5-Actions Program™ is free, funded by New Mexico Human Services Department, Behavioral Health Services Division.

The 5-Actions 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.