

GET HELP

Finding help can be overwhelming.
We can help you find local
treatment and recovery options.



HelpsHereDE.com



24/7 CRISIS HOTLINES:

New Castle County
800-652-2929

Kent and Sussex counties
800-345-6785

HELP
is here.
PREVENT • TREAT • RECOVER

This publication was supported by the Grant or Cooperative Agreement Number, 5 NU17CE002744-02, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

HELP

is here.

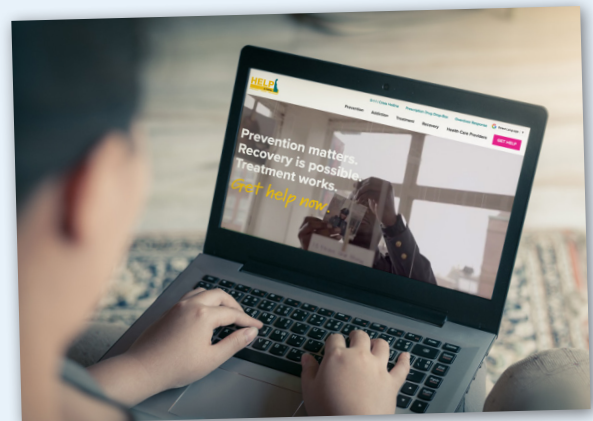
PREVENT • TREAT • RECOVER

ADDICTION

is a *treatable* disease.

Prevention, addiction, treatment,
and recovery resources available at

HelpsHereDE.com





Overdose Reversal

Naloxone is a medication that can temporarily reverse the effects of an opioid overdose. Within three to five minutes after you administer naloxone, the overdose victim's breathing can stabilize, which buys time for emergency medical help to arrive. Training and education on naloxone usage and how to prevent a potential overdose is available to members of the community on our website under the Overdose Response tab at the top of the page.

Talk to your loved ones...



... about your addiction.

Asking for help shows courage. It's never too late to ask for help.

... about their addiction.

Choose the right time to talk. Be sure they are sober or have not been using.

Voice your concern. Begin by expressing your concerns without making accusations.

Be specific. Explain what you observed that concerns you.

Stay calm. Be prepared for strong reactions.

Tell them how much you care for them.

Get help from the experts.

Visit **HelpsHereDE.com** to find help.



Find the help you need
at **HelpsHereDE.com.**



PREVENTION

In the Prevention section, you will find information on:

- Common misconceptions
- Conversation tips for parents
- Information about opioids and how to properly dispose of unwanted medications

ADDICTION

Under the Addiction tab on the website, learn about:

- The signs of addiction
- How to talk to loved ones about your — or their — addiction

TREATMENT

Treatment can help people addicted to drugs stop using them, avoid relapse, and recover to live a drug-free life. In this section, find:

- Information about the treatment process
- A list of inpatient, outpatient, and detox services in Delaware and surrounding states

RECOVERY

This section offers a list of programs that can help you begin your journey to recovery, including:

- Local recovery resources
- Sober living houses for those recovering from addiction