

Take any unwanted prescription drugs
to your nearest drop box.

NEW CASTLE COUNTY

Newark Police Department

302-366-7111 | 220 S. Main St., Newark, DE 19711

New Castle County Police Department

302-573-2800 | 3601 N. DuPont Hwy., New Castle, DE 19720

Wilmington Police Department

302-576-3670 | 300 N. Walnut St., Wilmington, DE 19801

KENT COUNTY

Dover Police Department

302-736-7111 | 400 S. Queen St., Dover, DE 19904

Smyrna Police Department

302-653-9217 | 325 W. Glenwood Ave., Smyrna, DE 19977

Felton Police Department

302-284-8441 | 24 E. Sewell St., Felton, DE 19943

Camden Police Department

302-698-9232 | 1783 Friends Way, Camden, DE 19934

Harrington Police Department

302-398-4493 | 10 Mechanic St., Harrington, DE 19952

SUSSEX COUNTY

Selbyville Police Department

302-436-5085 | 68 W. Church St., Selbyville, DE 19975

Greenwood Police Department

302-349-4822 | 100 W. Market St., Greenwood, DE 19950

Ocean View Police Department

302-539-1111 | 201 Central Ave., Ocean View, DE 19970

Georgetown Police Department

302-856-6613 | 335 N. Race St., Georgetown, DE 19947

Laurel Police Department

302-875-2244 | 205 Mechanic St., Laurel, DE 19956

Delmar Police Department

302-846-2320 | 400 N. Pennsylvania Ave., Delmar, MD 21875

For more detailed information, visit

HelpIsHereDE.com.

Crisis phone numbers:

Northern Delaware: 800-652-2929

Southern Delaware: 800-345-6785



Don't let
pills turn into
problems.



HelpIsHereDE.com

LET'S OPEN UP

about the dangers of
prescription drug abuse.

It's important to talk to your kids about **misusing** prescription drugs. When it comes to drug use, **parents** are the greatest influence on their children.

Kids need to know about the **risks** and **consequences**. And they need to hear it from you. Talk on a regular basis, share the **facts**, and be open—it's not as difficult as you may think.

Start the conversation today.

BE AWARE.

Symptoms of addiction:

PHYSICAL SIGNS

- Altered sleep habits
- Small or pinpoint pupils
- Dramatic weight changes
- Frequent nosebleeds
- Frequent colds or illnesses
- Itchy skin or unexplained cuts or scabs
- Leg cramps
- Poor hygiene

EMOTIONAL SIGNS

- A sense of desperation
- Changes in personality or friends
- School or work performance problems
- Out of or in need of money
- Nodding off or constant sleep problems
- Paranoia
- Secrecy

BE PREPARED.

If you recognize the signs, you should:

- Choose the right time to talk.
- Voice your concern.
- Be specific.
- Be prepared for strong reactions.
- Reinforce what you think about drug use and its dangers.
- Get help from the experts. A list of resources is available at HelpsHereDE.com.

TAKE CONTROL.

Today, 56 percent of teens say they can easily obtain prescription drugs from their parents' medicine cabinet. Lock up any medication that can become habit forming. Or talk to your doctor about alternatives to addictive pain medications. If medication has been prescribed for your child, take control of the bottle and give him or her medication as needed.



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