

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](http://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.



[HelpsHereDE.com](http://HelpsHereDE.com)

