# 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 302-736-711 | 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.

CAUTION:

May cause addiction. May also cause robbery, homelessness and eventually, death. Maybe you should start talking before they start taking.

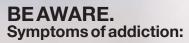


### **HelpIsHereDE.com**

# 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.



### 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 HelpIsHereDE.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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