



**DURHAM COUNTY**  
Library

## Media Alert

**Date: December 21, 2016**  
**FOR IMMEDIATE RELEASE**

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### **Durham County Library Presents NAMI Durham Public Education Meeting: New and Breakthrough Treatments**

**Program:** NAMI Durham Public Education Meeting: New and Breakthrough Treatments  
**Date:** Tuesday, Jan. 3  
**Time:** 7 p.m.  
**Location:** Southwest Regional Library, 3605 Shannon Rd, Durham, NC 27707  
**Cost:** Free and open to the public

**About:** Durham County Library presents NAMI Durham Public Education Meeting: New and Breakthrough Treatments on Tuesday, January 3 at 7 p.m. at Southwest Regional Library, 3605 Shannon Rd, Durham, NC 27707. This event is free and open to the public.

Presented by the Durham chapter of the National Alliance on Mental Illness (NAMI), at this meeting Dr. Andrew Klise from the Ketamine Treatment Centers will share information about a revolutionary medication that delivers relief from depression within hours. Barbara Karas will talk about tapping on acupressure points in the upper body and making specific guided statements to relieve stress, reduce anxiety and alleviate fear. Plus news about a new simple, less expensive therapy known as "Behavioral Activation" and the Fisher Wallace Stimulator. For more information about NAMI, contact the NAMI Durham response line at 919-231-5016.

For more information, call 919-560-8648 or visit [durhamcountylibrary.org](http://durhamcountylibrary.org).

Durham County Library encourages Discovery, connects the Community and leads in Literacy. As a department of Durham County Government, the library furthers Goal 1 of the county's Strategic Plan by enhancing cultural, educational and creative opportunities. For more information about the library, visit [durhamcountylibrary.org](http://durhamcountylibrary.org).

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