



# National Mental Health Programme, Mizoram

## Weekly Bulletin



NMHPMz/2024/14

Aizawl, the 25<sup>th</sup> Jan, 2024

No. of OPD : 139  
No. of IPD : 27

### Outreach

Free Clinic cum : 5  
Awareness  
No. of Beneficiaries : 200

### No. of OPD/IPD (Including Psychiatry Dept.)

Aizawl : 98  
Lunglei : 10  
Siaha : 14  
Champhai : 7  
Kolasib : 5  
Serchhip : 11  
Lawngtlai : 11  
Mamit : 10

### No. of Phone Call Received

DMHP : Nil  
TeleMANAS : 117

Targetted Intervention  
under NMHP, Mizoram : 2

### ARDSI Mizoram Chapter

7005983633  
9366191341

*"Rilru lam natna reng reng hi enkawl theih vek a ni"*

## LIFE SKILLS

(Contd. from previous week)

### Stress hmachhawn dan (Coping with stress)

Nitin nunah harsatnate tha taka hmachhawn hi kan taksa leh rilru hriselna atan a pawimawh hle. Eng thilin nge min stress tir tih hriatchhuah te, chu stress do dan tur te leh stress ven dan tur te hriatchhuah hi thiamna pawimawh tak a ni. Stress hi thilthleng kan hmuh danah a innghat nasa hle niin an sawi a, chu stress hmachhawn dan hlawhtling lo tak takte chuan a tizual sauh sauh a ni. Thil thleng pakhat hriatthiamna dik tak neih te, harsatna chinfel dan dik tak hman te leh nunphung hrisel tak hman te hian kawng pawimawh takin lungkhamnate chu a titawp thei a ni. Tin, vawi khat stress a nih chuan stress reduction technique dik tak hman a pawimawh bawk. Stress inducing situation hriatthiamna inthlau tak leh stress inoculation method bik hman te a huam vek a ni.

### Inbiakpawhna tha tak neih (Effective Communication)

Ngaihtuahna leh rilru put hmang chiang taka sawi chhuahna nena inzawm nun thiamna pawimawh tak a ni leh ta a ni. Inbiakpawhna dik tak a pawimawh a, chu chuan kan ngaihtuahna thupui inhrilhriatna mai ni lovin, inhrilhriatna kawng tha tak tak a huam tel bawk. Entirnan, tleirawl pakhatin thil a hnawl a ngai a nih chuan (a thiante'n ruihhlo a tihsak ang chi) chu 'ni lo' tih mai ni lovin, a sawi chhuak thei tur a ni. Chutiang bawkin, ngaihtuahna lantirna kawnga logical sequence neih hian mi dangte a tithinur a ni. Tin, inbiakpawhna tha takah chuan tawngkam leh tawngkam ni lo tawngkam hman dik a tel bawk. Chutiang chuan 'Ka inringtawk' tih mai mai chu a tawk lo; inrintawkna tichhuak thei chetzia hmanga sawi chu a pawimawh hle.

Mit tha lo tan tarmit vuah a zahthlak loh ang  
bawkin beng tha lo tan beng dar vuah a  
zahthlak loh

Rilru lama harsatna nei leh hriat belh duh nei  
kan awm chuan  
Telemanas Call theihna  
14416, 180008914416

Thurawn pek emaw hriat belh duh nei  
chuan a hnuua mail ah hian dah nise  
[mizmentalhp@gmail.com](mailto:mizmentalhp@gmail.com)

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