



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/87

Aizawl, the 20th June, 2025

13th – 19th June, 2025

"Midangte mamawh laia tanpuitu nih hi a hlu"

No. of OPD : 445
No. of IPD : 67

Outreach

Free Clinic cum
Awareness : 19

No. of
Beneficiaries : 1079

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

Aizawl : 146
Lunglei : 104
Siaha : 19
Champhai : 32
Kolasib : 38
Serchhip : 90
Lawngtlai : 62
Mamit : 21

No. of Phone Call Attended

1. **TeleMANAS** : 171

2. **Targetted Intervention**
under NMHP, Mizoram : 15

ARDSI Mizoram Chapter
7005983633 / 9366191341

MENTAL HEALTH PROFESSIONALS

1. Psychiatrist

Psychiatrist-te hian rilru, leh nungchang lama harsatna awmte hmuchhuak leh hrechhuak turin damlo an en thin a. Rilru lama natna leh harsatna neite enkawlina, venna kawngah an pui ber a ni. Psychiatric medicine, taksa enfiahna leh lab tests te an hmang thin a. Rilru natna chi hrang hrang, an enkawl thin a ni. Psychiatrist chu Doctor of Medicine (MD) degree nei doctor a ni.

2. Clinical Psychologist

Clinical psychologist te hian rilru natna hriatchhuah leh enkawl danah training bik an nei a. Clinical Psychologist te hian a tlangpuiin M.Phil emaw P.hD in Clinical Psychology a zir chhuak a, rilru leh mihring nungchang hriatthiamna lamah theihtawp an chuah thin a ni. Practice turin license an mamawh baw. Rilru lam hriselna lama harsatna hrang hrangte chu assessment, diagnosis leh therapy an pe thei a ni
Clinical Psychologists te chuan heng te hi an ti thin:

- Rilru natna hrechhuak tura psychological test hmanga endik
- Rilru natna, harsatna leh damlohna te enkawlina pek
- Rilru lam leh hriatna lam thawhdan leh theihchhin enfiah

3. Psychiatric Social Worker

Psychiatric social work hi medical social work lama specialized field a ni a, rilru lam natna khirh tak nei te chu an pui thin. Mimal tinte chu rilru natna kaihnnawih khawtlang harsatna hrang hrangte chu inzawmna, hnathawhna, leh nunphung quality ang chi hmachhawn turin an pui thin. Psychiatric social worker-te hian psychiatric social work-ah MPhil emaw Phd emaw an nei a ni.

4. Psychiatric Nurse

Psychiatric nurse-te hi a bik taka training nei nurse an ni a, rilru lam hriselna lama harsatna nei emaw, nungchang lama harsatna nei emaw te rilru leh taksa hriselna enkawltu an ni. Psychiatric nurse hi mental healthcare sector-a thawk, registered nurse niin, M.Sc in Psychiatric Nurse degree an nei a ni.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuaia District hrang hrang te chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic an nei thin a. Tunkar chhungin Aizawl, Lunglei, Kolasib, Serchhip Lawngtlai leh Mamit District ten Awareness leh Free Clinic an nei a, TeleMANAS chungchang inhrilh hriatna hun neiin Mental Health chungchang zirtirna hun an nei thin a ni. Rilru hriselna hian kan rilru leh khawtlang nun a huam a, kan ngaihtuahna, kan rilru put hmang leh kan thiltih dana nghawng a neih dan te, mi dangte nena kan inzawmna te leh duhthlanna hrisel kan neih theih nan heng hun hi hlawk taka hman thin a ni.



DMHP KOLASIB



DMHP LAWNGTLAI



DMHP LUNGLEI



DMHP MAMIT



DMHP SERCHHIP

NPPCD chungchang leh beng lama harsatna nei a, hrechiang duh tan District Hospital, ENT Dept OPD ah zawhfiah theih reng a ni

Thurawn pek emaw hriat belh duh nei chuan a hnuaia mail ah hian dah nise mizmentalhp@gmail.com

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