



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/86

Aizawl, the 13th June, 2025

7th – 12th June, 2025

"Midangte mamawh laia tanpuitu nih hi a hlu"

No. of OPD : 292
No. of IPD : 69

Outreach
Free Clinic cum
Awareness : 6

No. of
Beneficiaries : 340

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

Aizawl : 135
Lunglei : 47
Siaha : 15
Champhai : 59
Kolasib : 20
Serchhip : 21
Lawngtlai : 42
Mamit : 22

**No. of Phone Call
Received**
TeleMANAS : 110

Targetted Intervention
under NMHP, Mizoram : 8

ARDSI Mizoram Chapter
7005983633/9366191341

5 Cs in Mental Health

"5 Cs of Mental Health" hian **Connection, Compassion, Coping, Care**, leh **Community** hmanga rilru hriselna tihhmasawn nan tanfung pawimawh tak a pe a. Heng element-te hian rilru hrisel tak siamin nun harsatna hmachhawn thei tura chhelna siam turin an thawk ho a ni

Connection: Chhungte, thiante, leh thawhpui te pawh tiamin mi dangte nêna inlaichînna nghet tak siam leh vawn reng. Inzawmna nghet tak chuan rilru lama tanpuina a pe a, mahni rilru kawm ngut ngut leh rilru put hmang tha lo a ti tlem a, mahni nihna hriatna a tipung baw.

Compassion: Mahni leh midangte chung a lainatna leh hriatthiamna lantir. Khawngaihna hian rorelna tihtlem a pui a, thlawptu leh hriatthiamna nei zawk boruak a siam baw.

Coping: Stress leh emotion harsa tak takte hmachhaawn leh enkawl dan tur hrisel tak tak a siam thin a. Hei hian mindfulness te, journaling te leh a tul huna professional tanpuina zawn te a huam a ni

Care: Mahni invenna ngaih pawimawh leh hriselna chungchanga ramri kham thiam. Hei hian hriselna ti hmasawn tura thil tih tur ruahmanna fel tak leh a tih dan tur leh tih hun tur hriatna a pe a, a tul huna tanpuina zawng thei tura nachang hriatna a pe baw a ni.

Community: Khawtlang hian mimal tinte chu in hrethiam tawn leh inzawmna tha zawk nei thei turin a pui thei a. Midang harsatna leh buaina hrethiam a, a tul dang anga rilru lama harsatna neite pui leh chhawmdawl tura hriatna a tipung thin 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 Siaha, Champhai, Serchhip leh Lawngtlai District ten Awareness leh Free Clinic an nei a, TeleMANAS chungchang inhrihl 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 SERCHHIP



DMHP SIAHA



DMHP CHAMPHAI



DMHP LAWNGTLAI

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*