



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/88

Aizawl, the 27th June, 2025

20th – 26th June, 2025

No. of OPD : 436
No. of IPD : 37

Outreach

Free Clinic cum
Awareness : 8

No. of
Beneficiaries : 593

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

Aizawl : 129
Lunglei : 71
Siaha : 10
Champhai : 53
Kolasib : 58
Serchhip : 60
Lawngtlai : 56
Mamit : 36

No. of Phone Call Attended

1. **TeleMANAS** :130

2. **Targetted Intervention**
under NMHP, Mizoram : 6

ARDSI Mizoram Chapter
7005983633 / 9366191341

"Midangte mamawh laia tanpuitu nih hi a hlu"

MENTAL HEALTH RED FLAGS

Rilru hriselna hian kan ngaihtuahna, kan rilru put hmang, leh kan thiltih dan a nghawng a. Stress kan hmachhawn dan te, mi dangte nena kan inzawmna te, leh duhthlanna hrisel kan siam dan te pawh hriat theih nan a pui bawk

Mental Helath a Red-flag hi category pathum ah a then theih a:

Taksa lama a lan thieh dan: An mu tam lutuk nge an mu tam tawh lo? An ei leh in dan a danglam tawh em? An chakna hman dan chu a danglam tawh em? Chu chu mi pakhat, a tlangpuiin chakna nei lo (acting lethargic) emaw, hah ang maia exercise nei fo emaw ang chi hi a ni em?

Rilru lama a lan theih dan: Chu mi chu a thinrim zawk em? An lungawi lo awlsam zawk niin a lang em? An tap tam zawk em ni?

Hriatna lama hnathawh theih dan: Miin thilthleng a hrilhfhah dan emaw, a chhungril lama a luhtir danah hian inthlak danglamna a awm em? A tlangpuiin rilru dik taka an buaipui tur thilte chu chhanna dik lo an nei em?

A châng chuan, rilru emaw, rilru lam emaw a inhnialna chhinchhiahna chu a fiah lo thei hle. A châng chuan an khauh hle mai thei. Chhanna pek nghal ngai nungchangte chu:

- Ruihhlo hman tam
- Ni tam tak chhung khum atanga tho lo
- Mahni intihhlum tumna emaw, midang tihnat tumna emaw

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 LUNGLEI



DMHP KOLASIB



DMHP SERCHHIP



DMHP LAWNGTLAI



DMHP MAMIT

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