



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/89

Aizawl, the 4th July, 2025

27th June – 3rd July 2025

No. of OPD : 251

No. of IPD : 72

Outreach

Free Clinic cum

Awareness : 10

No. of

Beneficiaries : 735

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 167

Lunglei : 47

Siaha : 15

Champhai : 40

Kolasib : 9

Serchhip : 6

Lawngtlai : 19

Mamit : 20

No. of Phone Call Attended

1. **TeleMANAS** : 179

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

ARDSI Mizoram Chapter
7005983633 / 9366191341

"Midangte mamawh laia tanpuitu nih hi a hlu"

RILRU HRISELNA SIKULAH

Rilru hriselna hi zirlai zawng zawng hriselna leh zirna lama hlawhtlinna atan a pawimawh hle. Zirlai ten an ngaihtuahna sen theihna, an zir theihna, midang nen inlaichina tha leh inzawmna siam theihna leh harsatna an hmachhawn theihna ah nghawng nasa tak a nei thei a ni. School-a rilru hriselna ngaih pawimawh hian zirna lama hlawhtlinna a tisang thei a, thinhrikna leh enhranna a tiziaawm thei a, zirlai zawng zawngte tanpui theihna tur boruak tha leh muanawm a siam thei bawka a ni.

Zirlai rilru hriselna ngaih pawimawh te chuan stress, leh lungngaihna te hmachhawn dan an thiam a, chu chuan zirna lama hlawhtlinna a thlen thei a ni. Zirlai rilru hriselna tha nei chuan a chhûngte, zirtirtu, thiante leh midangte nê inlaichinna tha zâwk a thlen/siam thei a ni.

Sikul-A Rilru Hriselna Ngaih Pawimawh Hlawkna Leh Thatna:

1. Zirnaah hmasawmna a siam/pe
2. Rilru nghet. tlo leh khauh a siam/pe
3. Rilru lama harsena neite enhranna leh endawngna a tihnam
4. Midang (Chhungte, Thiante, Zirtirtute etc) leh khawtlang nuna inlaichinna tha a siam
5. Hlimna leh mahni nun a lungawina leh ngaihthatna a siam
6. Sikul boruak tha leh nuam tak a siam thin a ni.

HULHLIAP – SHORT STAY CENTER AH AWARENESS NEIH A NI

Ni 2.7.2025 (Nilaini) dar 11 ah Mizoram Sawrkar, Mizoram Synod leh NGO ten ruihhlo avanga harsatna tawkte tana enkawlna buatsaih Hulhliap - Short Stay Centre, Synod Revival Camping Centre, Sihphir Neihbawi a neih mekah NHM hnuaia programme - NP-NCD, NTCP, NMHP leh ARDSI Mizoram Chapter te chuan Awareness Programme hun an hmang a. He hun hi Dr. Robert L. Khawlhing, SNO, NMHP in a kaihruai a. Dr. Catherine Lalmuanawmi, SNO, NP-NCD in Natna inkaichhawn theih loh (Non-Communicable Disease) chungchang zirtirna neiin, taksa hrisel kan neih theihna tura kan tih tur leh tih loh tur hrang hrang te, NCD avanga natna awm theih hrang hrang leh a enkawl dan kawng pawimawh tak tak a sawi a ni.

Dr. C Lalremruati, Consultant NTCP in zuk leh hmuam in mihring nuna harsatna leh natna a thlen theih te sawiin, a enkawl dan leh enkawlna hmun hrang hrang awmte campers te hnenah a hrilh bawh a ni. Pu Vanneihluanga, President ARDSI Mizoram Chapter in ruihhlo khawih pawizia leh nun a tihchhiat dan thahnem ngai takin a sawi a. Nun hlutna leh beiseina neih hram hram a tul leh pawimawhzia a sawi a. Lalchhanhima Sailo, Clinical Psychologist NMHP in Substance Use Disorder chungngchang a sawi a. Ruihhlo avanga harsatna enkawl dante. Nun tha zawk lnei leh hmang tura tihtur pawimawh tak tak a sawi a. Pi Ruth Vanlalsawmi, Centre Director in lawmthu sawiin hun a khar 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, Champhai, Serchhip leh Lawngtlai 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 LAWNGTLAI



DMHP SERCHHIP



DMHP AIZAWL



DMHP CHAMPHAI



DMHP LUNGLEI

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

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