



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/97

Aizawl, the 29th August, 2025

22nd – 28th Aug, 2025

No. of OPD : 288

No. of IPD : 90

Outreach

Free Clinic cum

Awareness : 8

No. of

Beneficiaries : 766

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 171

Lunglei : 62

Siaha : 22

Champhai : 36

Kolasib : 17

Serchhip : 8

Lawngtlai : 28

Mamit : 34

No. of Phone Call Attended

1. **TeleMANAS** : 194

2. **Targetted Intervention**
under NMHP, Mizoram : 5

ARDSI Mizoram Chapter
7005983633 / 9366191341

"Midangte mamawh laia tanpuitu nih hi a hlu"

MOOD DISORDERS

DHMP Serchhip

Mood kan tih hian kan rilru hlim leh hlim loh sawina a ni tlangpui. 'Mood fuh' 'mood fuh lo' kan tih te hian a hrilhfiah deuh awm e. Kan hlim leh hlim loh mai piah lamah, kan mood ah harsatna a awm thei a ni. Midang tanpuina mamawh change pawh a awm thin. Kan awm dan a lo nuam emaw a hreawm emaw, harsa ti tak chungin mahni rilru thunun thei si lo an lo awm chuan, mood disorder kan lo nei thei reng a ni.

Depression pawh hi mood disorder chi khat a ni a; hriath lawh vak lo mania leh bipolar affective disorder tih te pawh a awm a ni. Depression ah chuan mi a ngui em em thin a, mania ah chuan mi pangnga iaiin a nih tur aiin a hlim em em thin a, bipolar affective disorder ah chuan a changin a rawn hlim thut anga thawk leh khatah a tah te pawh a rawn chhuak leh vak thei a ni. A in ang lo vek a mahse mood disorder vek an ni.

Mood disorder hi a hmei a pa in, naupangah leh puitlingah a awm thei vek a ni. Taksa leh rilru lama harsatna dang neite pawn mood disorder hi an nei thei a ni.

Mood disorder kan nei a ni tih engtin nge kan in hriat ang?

- Hun bi mumal nei lova thil ei nghek nghek te emaw mut vak vak mai te/ thil ei theih loh lutuk emaw mut harsat lutuk te
- Engtiklai pawh a lungngaih ngawih ngawih emaw pangngai ai a hlim reng bik te
- Tih chak zawng emaw tui zawng pawh tih peih tawh lohna emaw pangngai ai a phur lutuk te
- A thim zawng hliir a hma hun thliir te
- Tanpui thei tu emaw hrethiamtu an awm lo anga ngaihate
- Hlutna nei ve lo emaw engmah lova inngaihna emaw tha em em anga in ngaihate
- Thil thleng/kal tawh a mahni inthiam lohna nasa tak neih te
- Rilru beidawnna emaw thih chakna emaw mahni nunna lak duh na te
- A hma ai a chezia leh tawng muang tial tial emaw rang leh lutuk te
- Ngaihtuahna seng lawk lem lova thil tullo va pawisa hman vak vak thut te
- Tisa chakna tlahniam emaw sang lutuk te
- Rilru fim pu thei lova mi zinga awmdan mawi leh mawi lo hriat loh te
- Rilru sawr bing thei lova rilru hreawm ngawi ngawih/rilru a thil chi hrang hrang lo lut te
- Rilru ngaihtuahna pangngai taka an hman theih loh avangin an nitin hnathawh leh tih thin te ti thei lovin an awm thin

Mood disorder hi damdawi hmang in emaw counselling leh psychotherapy hmang ten a enkawl theih a ni. Mi tam takin an nei a, a rang lama in enkawl hian thil thalo zawk thleng tur tam tak a veng thei a ni. Chu bakah mahni tawka taksa in sawi zawite, mumal taka chaw ei leh mut te ngaih pawimawh tur 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 Lunglei, Siaha, Champhai, Kolasib 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 CHAMPHAI



DMHP KOLASIB



DMHP LUNGLEI



DHMP SERCHHIP



DMHP SIAHA

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