



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/94

Aizawl, the 8th August, 2025

25th July – 31st Aug 2025

No. of OPD :

No. of IPD :

Outreach

Free Clinic cum

Awareness : 3

No. of

Beneficiaries : 105

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 176

Lunglei : 19

Siaha : 26

Champhai : 28

Kolasib : 16

Serchhip : 6

Lawngtlai : 24

Mamit : 24

No. of Phone Call Attended

1. **TeleMANAS** : 188

2. **Targetted Intervention**
under NMHP, Mizoram : 16

ARDSI Mizoram Chapter
7005983633 / 9366191341

"Midangte mamawh laia tanpuitu nih hi a hlu"

SUICIDE (MAHNI INTIHLUM)

Merilyne M.S.Mawii Beiho
Psychiatric Nurse
DMHP SIAHA

Mahni intihlum (suicide) chu mahni duh thu renga mahni nunna chhat tihna a ni a. Mahni intihlum chhan hrang hrang a awm thei a, a langsar ber chu nun nguaina/beidawanna (Depression) ani a. Tleirawl/rawlthar te zingah phei chuan Mahni intihlum hi thihna thlentu langsar ber ani. Hmeichhia in mahni intihlum mai duhna rilru an pu ngun zawk a, mahse ataka titu chu mipa an tam zawk zel thung. Mahni intihlum hi a ti tu tan chuan an tuarna tihrehna tura kawng an hmuh chhun, awmze nei leh ruahmanna fel tak nena an tih a ni fo. Mahni intihlum tum te hian thih hi an hreh ve lutuk tho avangin an thil tum hriat theihna turin sign hrang hrang an siam ve thin a, chungte chu lo lak thu tak sak tur ani.

Mahni intihlum duh chhan awm theite:

- 1) Inlaichin na chhia e.g. Nupa/ ngaihawng inthen
- 2) Chhungkaw harsatna
- 3) Zu leh drugs vanga harsatna
- 4) Rilru lam dam lohna (e.g. Schizophrenia, Bipolar Disorder, Depression, Substance Use Disorder etc) leh natna benvawn tuarte.
- 5) School ah emaw hna lamah emaw harsatna tawkte.
- 6) Lusun na
- 7) Hna neihloh emaw hna atanga ban
- 8) Sum leh pai lam tlak chhiatna emaw harsatna, emaw dan bawh chhiatna avanga hremna hmabak.

Suicide Warnings Signs

- 1) Nun nguai/hlim lo
 - 2) Beidawn thu sawi fo thin/ harsatna te chinfel zawh lo ni in an ngai
 - 3) An thil hlu midang hnen ah an sem/pe
 - 4) A hma ai in an thinchhe zual
 - 5) Mi zing a awm an peih lo in, mahni a awm an thlahlel zawk
 - 6) Thil tih ah tuina an neilo
 - 7) Ruihtheih thil lam ah an tlan nasa zual
 - 8) Mut leh ei in hun bi a inthlak danglam
 - 9) Rilru an thlak phut phut
 - 10) Mahni taksa tina zawng a che thinte
- Hetiang ang a I hmel hriat emaw I chenpui te an awm a nih chuan thlah thlam lo ang che.

Entiang anga hmachhawn tur nge?

- 1) I hrethiam ani tih lan tir rawh
- 2) Thuruk hrilhna tlak I ni tih hriattir ang che.
- 3) A harsatna ngaihthlak sak la, ama dinhmun atangin a harsatna thlirsak hram tum ang che.
- 4) In tihhlum hmanrua atan a hman theihte e.g. chemte/ hrui/silai/ damdawi etc dah bo ang che.
- 5) Ruihhlo lakah veng fimkhur ang che.
- 6) Titi pui ang che. Mahni intihhlum a tum leh tum loh chung changzawhna zawt hreh suh.
- 7) A tum tak tak a ni tih I hriat chian chuan tanpui theitu/ midang hrilh hreh suh ang che.
- 8) Rilru lam a mithiam bikte pan hreh suh.

Thihna rau rauah ven lawk theih tak leh pumpelh theih tak, tanpuina dik leh hmachhawn dan dik a awm phei chuan ven hlawhtlin theih a nih miau avang hian a venna hi khawvel pawhin a buaipui a. Kum tin September ni 10 hi ‘World Suicide Prevention Day’ atan kum 2003 atang khan hman a ni nghe nghe a, mitin te hi mahni intihhlum venna kawng ah hian tangkaina leh theihna kan nei vek a ni.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuiaia 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 chunggin Aizawl, 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 MAMIT



DMHP AIZAWL



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 hnuiaia 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