



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/95

Aizawl, the 14th August, 2025

8th – 14th Aug, 2025

No. of OPD : 270

No. of IPD : 68

Outreach

Free Clinic cum

Awareness : 17

No. of

Beneficiaries : 1998

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 148

Lunglei : 20

Siaha : 52

Champhai : 41

Kolasib : 17

Serchhip : 12

Lawngtlai : 31

Mamit : 17

No. of Phone Call Attended

1. **TeleMANAS** : 153

2. **Targetted Intervention**
under NMHP, Mizoram : 9

ARDSI Mizoram Chapter
7005983633 / 9366191341

"Midangte mamawh laia tanpuitu nih hi a hlu"

ANXIETY DISORDER

Dr. Elizabeth Niang Tawi Mang

Psychiatric Social Worker

DMHP Champhai

Ruihtheih thil tih lohah chuan Anxiety Disorder hi Mental Health Clinic ah kan hmuh tam berte pawl an ni a. Anxiety Disorder hi eng ang rilru natna eng a nih a, eng tin nge anxiety natna kan nei tih kan in hriat a, tin, engtia enkawl tur nge tih sawifiah kan tum dawn a ni.

Anxiety disorder hian a tlangpuiin anxiety natna pathum a huam tel bik a, chungte chu; Generalized Anxiety Disorder(GAD), Panic Disorder leh Social Anxiety Disorder te an ni. GAD ah chuan thinchhiatnate, zan mut theih lohte, chhan leh vang awm si lova, hlauhthawnate, thil tha lo an chung a lo thleng dawn a ngaihna an nei lian hle a(catastrophizing) thi dawna inhraitna te leh chauh ngawih ngawihnate an nei thin ani. Hetiang hian thla 6 chhung tal an awm tur a ni.

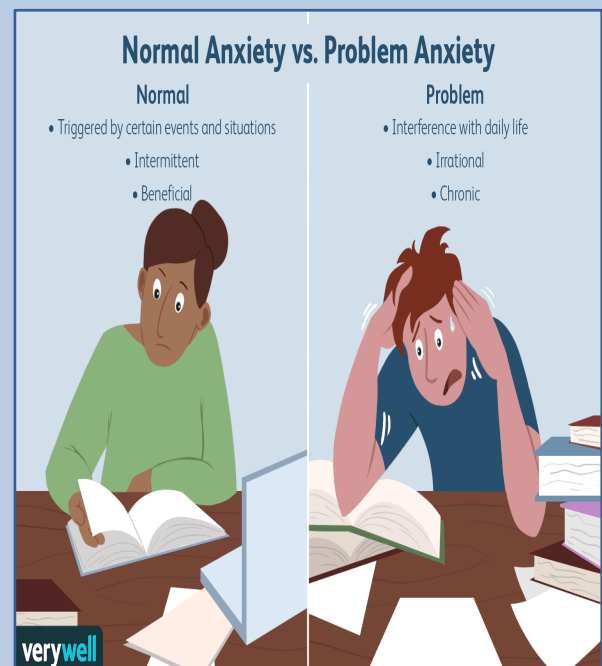
Panic Disorder

Panic disorder ah chuan lungphu a lo rang thut a, kut leh ke hmawrte a lo hit emaw a lo khawng thei a, thlan ten a bual a, a chang phei chuan nikhaw hrelo ten an tlu tawp thei ani. Hetianga awm leh an hlauhna hian an mahniah hlauhthawnna nasa tak a siam thei a, awm hle hle thei loten a siam thin ani.

Social Anxiety Disorder

Social Anxiety Disorder hi tleirawl zingah a tam bik a, SAD neite chu mizinga awm an hreh a, Mi zingah an awm chuan mi in an awmdan, an chetzia, an pianphung leh an tawngkam hmante avangin an teh kual vel an hlau ani. Hetianga hlauhna hian an mizia diktak angin an awm theih loh phah thin ani. Mi zingah an awm dan turte an thusawi turte an ngaihtuah lawk a, an thusawi dan turte pawh an suangtuah nasa thin ani. Chetsual an hlauh avangin rualpawl nuam an ti lova, an inkiltawih phah thin ani. Tin, mi hma a thusawi a, dinchhuahte hi an hreh em em bawh ani.

Anxiety disorder natna kan nei a nih chuan Rilru lam doctorte kan rawn a tha ani. A nasa ah chuan damdawi ei te a ngai a, tin, a nasa lem lovah chuan therapy hmangin an enkawl theih ani. Therapy hi Clinical Psychologist, Counselling Psychologist, Psychiatric Social Worker leh Psychiatric Nurse heng Mental Health a trained bik te hian an pe thei vek ani. Therapy ah hian an natna a zirin therapy hi a inang lo ve thei a, amaherawhchu Cognitive Behavioral Therapy (CBT) hi hlawkpui deuh vek tura ngaih an ni. Entirnan, Emotional Regulation therapy te, Exposure Therapy te, Mindfulness exercise te hi Anxiety disorder enkawl nana therapy tangkai takte an 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 chhungin Lunglei, Siaha, Kolasib, 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 KOLSIB



DMHP MAMIT



DMHP LUNGLEI



DMHP LAWNGTLAI



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 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