



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/98

Aizawl, the 4th September, 2025

29th Aug – 4th Sept, 2025

No. of OPD : 258

No. of IPD : 51

Outreach

Free Clinic cum

Awareness : 5

No. of

Beneficiaries : 389

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 147

Lunglei : 37

Siaha : 22

Champhai : 50

Kolasib : 13

Serchhip : 10

Lawngtlai : 16

Mamit : 14

No. of Phone Call Attended

1. **TeleMANAS** : 250

2. **Targetted Intervention**
under NMHP, Mizoram : 11

ARDSI Mizoram Chapter

7005983633 / 9366191341

"Midangte mamawh laia tanpuitu nih hi a hlu"

RILRU HRISEL NA A THIL PAWIHMAWH TE

DMHP Lawngtlai

Mihring hrisel ni tur chuan taksa leh rilru hrisel tak neih a ngai a. Rilru hriselna (Mental Health) hian mihring nun a damna leh hlimna a fawm kim ber awm e. Hringnun ah hian harsatna emaw hun duhawm lo tawng mah ila rilru, ngaihtuahna leh thinlung hrisel neih hian harsatna nasa takin kan paltlang thei thin a ni. Rilru hriselna ngaipawimawh lo tan chuan hringnun a hmachhawn tur tam tak ten min buk rit a, kan nun a ti hrehawm em em a, nunphung a ti khaihlaak a, mahni nun hlu tak hum zo lo te an awm phah fo thin a ni. Taksa leh rilru a hrisel that chuan kan hma a tih tur leh hmachhawp te tha takin kan hlenchhuak thei thin. Hah mah ila lungawina (satisfaction) pe in tha takin hna kan hlen chhuak thei a, midangte nen inkungkaihna tha neiin hrignun kawng bumboh tak a hmachhawn thei thin a ni.

2. Mental health awareness leh sensitization

Rilru hriselna inzirtirna hi uar tak a kalpui anih zel zarah mi tamtakin 'Mental Health' pawimawhna te an hre chho zel a, mithiam rawn nachang te pawh hre chho zel in a zahthlak loh a ni tih pawm thiamna te a piang chho zel hi a lawmawm hle a ni. Hrethiam leh pawm thiam tam tak karah pawm thiamlo leh la hrethiam lo a tam zawk kan nih hmel in a rinawm a, hei hian Rilru hriselna chungchang in zirtirna leh pawm thiamna, midangte hriatthiamna leh an dinhmun a in dahthiamna te hi in zirtir nasat kan ngai hle a ni.

2. Stigma leh in enhranna tih reh

Taksa leh Thlarau lama damlo leh chaklo puih ngai hi kan in hrethiam thei khawp mai a mahse Rilru damlohna/ Rilru hrisellohna nei te erawh kan hriatthiampui loh bakah an mahni puih tumna hi a sang lo thin khawp mai. Rilru damlohna nei ngei ngei te pawn mahni in pawm har an ti fo bawh thin avangin mithiamte rawn leh damdawi in kal nghal hi mi tlem te an ni thin. Rilru hrisel lohna nei te hi mak tihna, en hranna, piangthar lo ni a ngaihna, rilru chhia leh misual a puh an tawh fo te hi tih tawp a va tha em. Rilru hriselna awareness neih fo thin mah ila Rilru lam hrisellohna hi kan la pawm thiam tak tak lo ni hian a lang.

3. Rilru natna tuar awl bikte

Rilru hrisellohna (Mental illness) hian thliar bik a nei lo a, tu te chungah pawh a thleng thei. Tumah a thliar lo kan tih lai hian naupang, tleirawl/rawlthar leh kum upate hi ngaihpawimawh zual a tha khawp mai. Naupang taksa leh thluak in siam puitling zel karah hian rilru natna/rilru hrisellohna hian an nun (hriatna, thiamna, thil dawnawn thiamna, midang nen a inkungkaihna leh adt.) nasa takin a nghawng thei a, an puitlin thleng a a thalo zawng a nghawng thei anih avangin naupang ngaihpawimawh an ngai a ni.

Thalai (Tleirawl/ Rawlthar) te hi chhungkua, ram leh khawtlang enkawl tu tur, hruaitu la ni mai turte anni. Taksa, rilru leh inkungkaihna inthlak theleng nasat lai anih avangin rilru nat, rilru hnual, mahni insitna, hmangaihtu neilo a inhriatna, mal riau a inhriatna, dik ber ni a inhriatna, midang ngaihsanna leh thlutlukna tha siam harsat lai anih avangin rilru hrisellohna an nei hma bik a, chu chuan an mahni, chhungkua leh midangte nena inkungkaihna leh an zirlai ah nghawng thalo a thlen fo reng a ni.

Kum upate ah hian hriatna (memory), thil ngaihtuah zung zung theihna (processing speed), hriatthiam zung zung theihna leh chik taka ngaihtuah theihna (reasoning) te a tlahniam em em a. Hemi avang hian mahni inrintawh lohna leh mahni insitna in a tlakbuak nasa thin a hei hian inkiltawihna leh inthlahrunna a thlen nasa a ni. Taksa leh rilru uai thla lam, chak tha tawhlo kum upate hi ngaihpawimawh an va ngai em.

4. Mahni inenkawl that (Self care)

Rilru hrisel tak nei tur hian mahni inhriatchhian (self-awareness) leh mahni nihna in pawmna (self-acceptance) hi a kawng (step) hmasa ber a ni. Mithiamte chuan mahni inhriatchhian (self-awareness) leh mahni nihna in pawmna (self-acceptance) kan neih hian damna kawng chanve (50%) kan thleng nghal a ni tiin an sawi. Chuvangin mahni inenkawl leh mahni hriselna ngaihpawimawh hi kan tih makmawh a ni. Self care hian rilru a ti hriselin natna lakah min veng ani tih hi pawm thiam a tha hle.

Self care tangkaina te:

- i. Rilru tawh/ Rilru hahna a ti tlem (Stress reduction)
- ii. Rilru leh thinlung a ti hahdam, hlimna min pe (Mood improvement)
- iii. Harsatna hmachhawn theihna (Enhanced resilience)
- iv. Mut harstatna a tlahniam (Improved sleep)
- v. Mahni inhriatchianna (Increased self awareness)

Taksa hriselna kan ngaihpawimawh ang chiah hian ‘Rilru Hriselna’ ngaih pawimawh hi a va tul tak em!

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 Siaha, Champhai, Serchhip 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 SIAHA



DMHP CHAMPHAI



DMHP SERCHHIP



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