



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/99

Aizawl, the 12th September, 2025

5th - 11th Sept, 2025

No. of OPD : 164

No. of IPD : 40

Outreach

Free Clinic cum

Awareness : 4

No. of

Beneficiaries : 448

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 148

Lunglei : 9

Siaha : 10

Champhai : 10

Kolasib : 1

Serchhip : 7

Lawngtlai : 10

Mamit : 9

No. of Phone Call Attended

1. **TeleMANAS** : 113

2. **Targetted Intervention**
under NMHP, Mizoram : 10

ARDSI Mizoram Chapter
7005983633 / 9366191341

"Midangte mamawh laia tanpuitu nih hi a hlu"

World Suicide Prevention Day (10th September, 2025) "Changing the Narrative on Suicide"

DMHP Mamit

Mahni nunna lak/mahni intihhlum chungchang hi khawvel in hun rei tak ata tawh vawiin thlenga a buaipui em em a ni a, Mizoram chhung ngei ah pawh a tam chho ta hle mai. Khawvel zau zawk kan thlir chuan mithiam ten kum tin mi 740,000 mahni nunna la awm in, second 43 danah mahni nunna la hi an awm zel ni a chhut a ni. Mizoramah hian mahni nunna la kum 2014 – 2024 chhung khan mi 948 an awm a, a percentage a chhut in mipa 84% a nih lain hmeichhia 16% a ni thung a ni.

Heti tak mai a mahni nunna la kan tam em em mai hi; eng tin nge kan in ven ang tih hi a pawimawh em em a ni. A invenna zing a pawimawh tak mai pakhat chu; mahni nunna la te kan hmuh dan leh kan sawi zui duh dan hi a ni.

Miin eng tiang taka harsatna nasa nge a tawh a, engtiang chiah a nun thlahlel thei tawh lo nge a nih lam aiin, "A va ti ho em keini'n dam duh in kan bei hram hram a, sum tam tak seng in nuna chhan tum in ka in enkawl a" ti te in kan sawi fo thin. Mahni nunna pawh thlahlel thei tawh lo leh hlut tawh lo khawp a an tawrhna lam kha kan ngaihtuah phak pui lo fo thin. Hetiang tawngkam an hriat fo leh an ngaih thlak fo avang hian nunna thlahlel tawh lo, mahni intihhlum duhna rilru pu ten harsatna an sawi chhuah ngam loh phah fo a, an tuar tlawk tlawka, a tawp ah an tawrhna tih tawpna a ngaiin an mahni nunna lak in a zui leh nge nge thin.

Mi mal tinin mahni intihhlum tum te kan ven ve theihna pawimawh tak mai pakhat chu an mahni dinhmun a indah a, an mahni khawngaihna nen kan hriatthiam zia leh kan khawngaih ziate, mahni nunna la tur khawp a an harsatna tawh a nasat dan turte sawi a tanpui kan duh leh kan chak ziate kan sawi tam fo hian a tuartu ah nghawng tha neiin nunna tam tak kan chhanhim thei ngei ang.

Mi in a nunna a lakhia na lo thleng thut in a lo awm thut lo a, hmuh theih leh chhiar/hriat theih in danglamna amah ah a lo awm ngei ngei thin. Heng a hnuia kan tarlante hi uluk taka lo chhiara lo ngaihtuah zui turin chhiartu zawng zawngte kan in sawm e

Warning signs langsar zualte

- 1) Nun ngui/hlim lo.
- 2) Beidawn thusawi fo thin/harsatna te chin fel zawh loh niin an ngai.
- 3) An thil hlu midang hnenah an sem/pe.
- 4) A hma aiin an thin chhezual.
- 5) Mi zinga awm an peih lovin, mahni a awm an thlahlel zawk.
- 6) Thil tihah tuina an nei lo.
- 7) Ruih theihthil lamah an tlan nasa zual.
- 8) Mut leh ei in hun bi a in thlak danglam.
- 9) Rilru an thlak phut phut.
- 10) Mahni taksa tina zawnga chet lak an ching.

Engtianga lo hmachhawn tur nge?

- 1) I hrethiam a ni tih lantir rawh.
- 2) Thuruk hrilhna tlak I ni tih hriattir ang che.
- 3) A harsatna ngaihtlak sak la, ama dinhmun atangin a harsatna thlirsak hram tum ang che.
- 4) In tihhlumna hmanrua atan a hman theihte (eg: chemte, hrui, silai, damdawi etc) dah bo ang che.
- 5) Ruihhlo lakah veng fimkhur ang che.
- 6) Titi pui ang che.
- 7) Mahni intihhlum a tum leh tum loh chungchang zawhna zawt hreh suh ang che.
- 8) A tum tak tak a ni tih I hriatchian chuan tanpui theitu/midang hrilh hreh suh ang che.
- 9) Rilru lama mi thiam bikte pan hreh suh.

Mahni intihhlum duh chhan awm thei langsar zualte

- 1) Inlaichinna chhia eg: nupa/ngaihzawng inthen
- 2) Chhungkaw harsatna
- 3) Zu leh ruihhlo dang vanga harsatna
- 4) Rilru lam damlohna (eg: Schizophrenia, Bipolar Disorder, Depression, Substance Use Disorder etc) leh natna benvawn tuarte
- 5) School-ah emaw hna lamah emaw harsatna tawkte
- 6) Lusunna
- 7) Hna neih loh emaw hna atanga ban
- 8) Sum leh pai lam tlak chhiatna emaw harsatna, emaw dan bawhchhiatna avanga hremna hmabak
- 9) Harsatna chi hrang hrang mahnian chinfel ngaihna hre tawh lo/thiam tawh lo te
- 10) A hma a mahni intih hlum lo tum tawhte.

A chungka kan han sawi tak ang khian I tawngkam khat lek pawh khan mi tam tak nun nuam leh nun thlahlel in a siam thei a, hmasawn duhna leh hma lam pan zel duhna rilru a put tir thei tih hria in I chheh vela mite lakah I tawngkam tha leh I ngaihsak a ni tih lantir kha hreh hauh lo turin kan sawm a ch

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 Kolasib, 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 hman 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 SERCHHIP



DMHP LAWNGTLAI



DMHP KOLASIB

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