



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/104

Aizawl, the 23rd October, 2025

18th – 23rd Oct, 2025

No. of OPD : 226

No. of IPD : 26

Outreach

Free Clinic cum

Awareness : 13

No. of

Beneficiaries : 925

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 113

Lunglei : 50

Siaha : 14

Champhai : 22

Kolasib : 9

Serchhip : 8

Lawngtlai : 22

Mamit : 14

No. of Phone Call Attended

1. **TeleMANAS** : 87

2. **Targetted Intervention**
under NMHP, Mizoram: 6

ARDSI Mizoram Chapter
7005983633 / 9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

Mental health promotion and prevention

Mental health tih hmasawn (promote) leh mental health problem lo thlen theihna tur lo veng (prevent) tur hian mimal leh khawtlang, ram leh sorkar anga hmalakna tur leh hmasawna tur tam tak a awm a. A kenkawnna pui ber chu Health Department kaltlangin ni mahse ram pum pui a thlen theihna tur hmanrua chu legislation te, department hrang hrang Education te, Labour & Employment te, Judicial system te, Home department te, UD&PA te, Social Welfare Department mai bakah kohhran leh NGO leh chhungkua te hi an pawimawh vek a ni. Chumi atana aw chhuaha, mipuiten vei nachang an hriatloh te hriat thar tir a pressure pe tu ni thei turin mental health professionals te kan pawimawh hle a ni.

Suicide prevention hi khawvel pumpui hian a vei a, Sustainable Development Goals ah pawh hmun a luah reng a ni. Tin, child and adolescent mental health ngaih pawimawh a tul hle bawk. Mental health problem te hi mihring dam hun chhung engtik hun ah pawh neih theih anih avangin mipuiten zirtirna an dawn that a pawimawh hle a ni.

Parenting skills zirtirna kawngah zau lehzual zawka hmalak a tul hle a, chhungkua hi mihring inzirna hmun pawimawh hmasa ber anih avangin. Naupangin a seilenna ah harsatna hmachhawn dan, sutkian dan chhungkua atanga a zir that chuan alo seilen naah tawrhchhelna leh inperh thawh leh theihna (resilience) a nei tha bik thin.

Life skills miin a neih that chuan harsatna sukiang thei turin chakna a nei thei a. Kan ram mipui mi nuai 14 bawr te zirtirna pe thei turin mental health professionals ten kan district theuh ah tan lak leh zual a pawimawh hle a ni.

Awareness on substance use disorder theihtawpa kalpui mek zel a ni a. Preventive measures lamah tan lak nasat zual a ngai takzet. Ruihhlo la khawih ngai miahlo ten a hlauhawm zia leh a thatloh zia an lo hriat a, vulnerable group ten awareness an dawn ngei theihna turin nasa leh zual zawka kan thawh leh theuh a tul 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 chungin Lunglei, Siaha, Champhai 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 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 LUNGLEI



DMHP SIAHA



DMHP CHAMPHAI



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