



National Mental Health Programme, Mizoram Weekly Bulletin



NMHP-Mz/2025/108

Aizawl, the 21st November, 2025

14th – 20th Nov, 2025

No. of OPD : 339

No. of IPD : 54

Outreach

Free Clinic cum

Awareness : 10

No. of

Beneficiaries : 302

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 148

Lunglei : 67

Siaha : 15

Champhai : 55

Kolasib : 13

Serchhip : 44

Lawngtlai : 30

Mamit : 21

No. of Phone Call Attended

1. **TeleMANAS** : 197

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

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

RILRU HRISELNA (MENTAL HEALTH)

Hriselna han tih hian a kaw k zau hle a, awmze hrang hrang a nei thei awm e, mahse World Health Organisation (WHO) in a sawifiah dan chuan, *“Taksaa natna leh bawrhsawmna a awmlo ringawt mai ni lovin taksa, rilru leh midangte nena inlaichinna hrisel kan neih hi ani’* a ti ani. He hrilhfi ahna hi a sawi famkim hle a, afawm kim a, a pawm awm ber baw k a ni.

WHO tho hian rilru hriselna a hrilhfi ah dan chu, *‘Rilru hrisel (Mental Health) miin a neih chuan amaha theihna awm te a hria a, hringnun kalphungin harsatna a ken tel te hmachhawn in a hneh thei a, tha taka a hna thawkin chu chuan rah tha a chhuah tir thei a; chu mai bakah khawtlangah midangte tanpui tur in tha a thawh thin a ni’*. He hrilhfi ahna hian enge kan rilru puthmang tur, kan thil thlir dan, thil en dan, rilru kan lanchhuah tir dan leh midangte te nena kan chenho leh inlaichinna kawngah khawtlangah te, chhungkua ah te, hnathawh ho naah te kan nungchang lanchhuah pui dan te, engtia thil thlir tur te, engtia lo dawnawn tur nge tih te a hmuh theih baw k a, nitina kan nunah mahni zawn theuha harsatna neuh neuh kan nei chungah mahni hna theuh taima leh rinawm taka kan thawh te, midangte tana tangkai ve thei tura tha kan thawh te hi rilru hrisel neih nan chuan a pawimawh vek a lo ni.

Mental Health kan sawi tak khan a huam zau hle mai, taksa, rilru leh thlarau mai bakah mi dangte nena kan inlaichinna hriselna zawng zawng a huam a, chhungril lam nun hrisel neih a pawimawh rualin thlarau lam thil (spirituality) te pawh kan pawm dan leh kan lanchhuah tir dan pawh mi rilru hrisel chuan a awm tawh (balance) leh mawh tawh a thliar hran theih a pawimawh a ni. Mental health chu mawlmang thei ang bera kan sawi dawn chuan mi in natna leh bawrhsawmna neilo, chumi atanga ama tana hriselna, nuam tihna leh hlimna a a neih hi a ni a. Kawng leh lamah chuan miin rilru lama harsatna leh hrisel lohna a neih chuan natna khirh leh hlauhawm zawh a neih phah thei a, chumi chuan a rilru leh ngaihtuahna tibuaiin a taksa a tichak lova; mahni intihhlum duhna thlengin ngaihtuahna an neih phah hial thin a ni.

Rilru lam harsatna ngaihthahnate, ngaihpawimawh tawh lohna leh harsatna chi hrang hrangin min hual mekna khawvelah hian rilru lama harsatna zawnhhuah leh a tul anga enkawl na pek a; ngaihtuahna dik leh tha zawh kan neih a, rilru dik leh hrisel kan neih a tul a ni tih hi he article in a sawi tum ber chu a ni.

Rilru natna emaw damlohna – (Mental Disorders) kan tih hian a huam zau hle a, rilru hriselna dinmun, buaina leh damlohna chi hrang hrangte hian kan rilru put hmang, kan ngaihtuahna leh kan nungchang thlengin a nghawng thei vek a. Rilru lam harsatna leh damlohna langsar leh hluar zualte chu depression, anxiety disorders, schizophrenia, eating disorders leh addictive behaviour te a ni. Zirchianna in a tarlan dan chuan mi panga zinga pakhat zel hian rilru lama harsatna nei angin an chhut a, amaherawhchu, rilru lam harsatnate chu ngaihthah a nih a enkawl vat a nih loh chuan rilru lam natna emaw damlohna hial a thlen thei thin a ni. Rilru lama damlohna chuan nitin khawsakna leh nunphung a tibuaiin, kan chenpuite leh kan hnathawna thlengin a nghawng thei a. Rilru lama harsatnate chu a tlangpuiin outpatient department ah damdawi leh psychotherapy emaw a pahnih hmanga enkawl theih 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 chhungin Lunglei, Siaha, 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 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 SERCHHIP



DMHP MAMIT

NPPCD chungchang leh beng lama harsatna neia, 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