



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/109

Aizawl, the 28th November, 2025

21st – 27th Nov, 2025

No. of OPD : 285

No. of IPD : 44

Outreach

Free Clinic cum

Awareness : 11

No. of

Beneficiaries : 1261

No. of OPD/IPD

(Including
Psychiatry Dept.)

Aizawl : 128

Lunglei : 35

Siaha : 15

Champhai : 71

Kolasib : 15

Serchhip : 11

Lawngtlai : 35

Mamit : 19

No. of Phone Call Attended

1. **TeleMANAS** : 125

2. **Targetted Intervention**
under NMHP, Mizoram: 3

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

CHILDHOOD LEH ADOLESCENT MENTAL HEALTH

DMHP, Siaha

Naupang leh tleirawlte zingah hian rilru lam harsatna chi hrang hrang a awm ve thei a. Heng natna te hi a hun taka enkawlina pek anih chuan tihdam emaw tih ziaawm theih emaw, a zual zel tur ven theih a ni a, hemi kawngah hian nu leh pa ten kan fate awmdan chik fova, an awmdan inthlak danglamte tha taka kan chhinchhiah fo a ngai a ni.

Naupang leh tleirawlte zinga natna langsar zual te tarlang ila;

1. Hyperkinetic Disorder:

- Thil an ngaihtuah rei thei lova, Thil an chik theih loh fo avangin an zirlai ho te te pawh an tusual fo thin ani.
- Awmdan pangngaiin an awm hle hle thei lo a, an che sek zel.
- Rilru sen leh ngaihtuahna hman ngai thiltih tur a awm chuan an zirlai pawh nise pehhel an tum hram hram thin.
- An bul vela thil thlengin an ngaihtuahna a la peng zung zung thin.
- Thil an nghak thei lova, zawhna te pawh an sawi zawh hmain an chhang zung zung zel.
- Midangte inbiak lain an lo inrawlh ve sek zel.

2. Conduct Disorder:

- Midangte bungrua an duh renga avanga an tihchhiat sak fo bakah midang tihnat nan hriamhrei hlauhawm an hmang fo.
- Mi in emaw, motor chhungah emaw luhruk a thil lak an ching.
- Sikul an tlanbo fo bakah, in atangin chhan leh vang awm lova tlanbo ang ching fo bawk.
- Mipat hmeichhiatna lam hawia midang tih luih an ching.
- Mi leh ran chungah an nunrawngin, Midang bungrua emaw, in emaw an hal duh mai zel.

to be contd..

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, 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 SERCHHIP



DMHP CHAMPHAI



DMHP KOLASIB



DMHP SIAHA



DMHP LUNGLEI



DMHP AIZAWL

NPPCD chungchang leh beng lama harsatna neia, hrechhiang 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