



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/107

Aizawl, the 14th November, 2025

7th – 13th Nov, 2025

No. of OPD : 292
No. of IPD : 59

Outreach

Free Clinic cum
Awareness : 5

No. of
Beneficiaries : 189

No. of OPD/IPD (Including Psychiatry Dept.)

Aizawl	: 160
Lunglei	: 5
Siaha	: 63
Champhai	: 48
Kolasib	: 19
Serchhip	: 8
Lawngtlai	: 27
Mamit	: 21

No. of Phone Call Attended

1. **TeleMANAS** : 130
2. **Targetted Intervention**
under NMHP, Mizoram:

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

DEPRESSION CHU ENG NGE NI?

Medical Dictionary ah chuan – “Depression chu rilru damlohna chi khat, lungngaihna, khawharna, beidawnna, mahni inngaihnepnah leh insitna te avanga nguina lo awm; Duhthlanna fim hman that, midang zinga khawsak peihlohna, chaw ei tui lohna leh muthilh that theihlohna te nen a kal kawp a ni”, tiin a in ziaak a ni.

DEPRESSION CHI HRANG HRANGTE:

1) Major Depressive Disorder: Depression langsar ber a ni. He natna veitute hi an muhil thei lova, ding takin an ngaihtuah thei lova, engmah an ei tha peih lova an rihna te pawh a tla hniam thin a ni, hlim taka an lo tih thinthe kha an ti tha peih tawh ngai lo a ni.

2) Dysthymia (Mild Chronic Depression): Dysthymia (Mild Chronic Depression) hi na tak nilo mahse hun rei tak awh thei a, kum 2 emaw a aia rei thleng awh thei a ni thung. Damlo chuan nunphung pangngai chu a thlah lova mhse hlim taka hun hman harsa an ti thin a, tha vek vawka in hriatna a nei thei lo a ni.

3) Psychotic Depression: Depression nei nasa thenkhatten, mitvai emaw thil hmuh sual fo an ching a, thil thleng tak tak lo an buaipui fo chuan, chutiang natna chu psychotic depression a ni.

4. Bipolar Disorder: Bipolar Disorder ‘Manic-depressive Illness’ ti a an lo sawi fo bawk a ni a. Heng natna veite hi chu hun reilote an phur hlui a, reiloteah a uchuak in an ngui leh rawih thin a ni. Hetia an rilru put hmang a inthlak kual lai hian anmahni an inthunun thei thin lo 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 Aizawl, Siaha, Kolasib, Lawngtlai 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 MAMIT



DMHP KOLASIB



DMHP LAWNGTLAI



DMHP SIAHA



DMHP AIZAWL

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

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Published by
National Mental Health Programme
Govt. of Mizoram