



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2025/110

Aizawl, the 5th December, 2025

28th Nov – 4th Dec, 2025

No. of OPD : 277
Cumulative for 2025-26: 9863

No. of IPD : 48
Cumulative for 2025-26: 1933

Outreach

Free Clinic cum Awareness : 8
Cumulative for 2025-26: 670

No. of Beneficiaries : 1537
Cumulative for 2025-26: 19717

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

District	No. of Patients	Cum FY 2025-26
Aizawl	137	4883
Lunglei	28	1293
Siaha	16	722
Champhai	48	1320
Kolasib	25	536
Serchhip	7	1273
Lawngtlai	38	1055
Mamit	26	686

No. of Phone Call Attended

1. TeleMANAS : 37
Cumulative for 2025-26: 5292

2. Targetted Intervention
under NMHP, Mizoram: 5
Cumulative for 2025-26: 310

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilruhriselna hi taksahriselna ang bawkin a pawimawh a ni

Contd. from previous week

CHILDHOOD LEH ADOLESCENT MENTAL HEALTH

DMHP, Siaha

3. Separation Anxiety Disorder:

- Nu leh pain an thih san emaw, tlan bosan palh ang tih an hlau ngawih ngawih a ni.
- Mahniin an awm duhloh bakah mahniin an muhil duh lova, an mu duh lo bawk.
- Sikul kal hrehawm an tih vang nilovin sikul kal an hreh em em a ni.
- Zanah nuin emaw pain emaw an kalsan em tih endik turin an tho fova, anmahni atanga then hran chungchang mangchhia an mang fo.
- Sikul kal hun emaw in chhuahsan tul hunah pum na, luak, lu na leh luhai an nei thin.

4. Social Anxiety Disorder:

Mipui leh hmelhriat loh zingah an awm duh lova. Puipunna leh khawtlanga thiltihna hmuna kal an duh lo bawk a ni.

5. Generalized Anxiety Disorder:

Naupang leh tleirawl zingah hlauhna leh manganna nei tunlai pheichuan an tam em em ani. Hetiang ang natna neiho chu an hlauthawng hma em em a, hahdam takin an awmthei lova, an chau hma in thil an ngaihtuah chik thei lova, an thin a chhe em em a, an muhil mumal thei lo thin bawk a ni.

6. Sibling rivalry:

Naupangin nau/chhang a neih atanga thlaruk chhungin hetiang hi a nei thei a ni. A nau chiah chu a haw em em a, nu leh pa lakah an pangchang thar a, mut theilohna te an neih bakah nawrhte an ching thar thin a ni.

7. Elective Mutism:

Inah emaw anmahni nel zawngte bulah an tawng duh viau laiin mi zingah emaw, school ah emaw an biak tawng theih mang loh a ni.

to be contd..

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuiaia District hrang hrangte chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic an nei thin a. Tunkar chhungin Lunglei, Kolasib leh Lawngtlai District ten Awareness leh Free Clinic an nei a, TeleMANAS chungchang inhrilhhriatna hun neiin Mental Health chungchang zirtirna hun an hmang 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 inzawmnate leh duhthlanna hrisel kan neih theih nan heng hun hi hlawk taka hman thin a ni.



DMHP LUNGLEI



DMHP LAWNGTLAI



DMHP KOLASIB

NPPCD chungchangleh beng lama
harsatnaneia, hrechiang duh tan District
Hospital, ENT Dept OPD ah
zawhfiahtheihreng a ni

Thurawnpekemawhriatbelh duh neichuan
a hnuiaia mail ah hian dah nise
mizmentalhp@gmail.com

Rilru lama harsatnaneilehriatbelh duh
neikanawmchuan
Telemanas Call theihna
14416, 180008914416