



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/120

Aizawl, the 13th February, 2026

23rd – 29th Jan, 2026

No. of OPD : 259
Cumulative for 2025-26: 12266

No. of IPD : 72
Cumulative for 2025-26: 2341

Outreach

Free Clinic cum Awareness : 6
Cumulative for 2025-26: 705

No. of Beneficiaries : 406
Cumulative for 2025-26: 21459

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

District	No. of Patients	Cum FY 2025-26
Aizawl	158	6057
Lunglei	22	1502
Siaha	11	1037
Champhai	76	1929
Kolasib	8	617
Serchhip	9	1329
Lawngtlai	24	1277
Mamit	23	838

No. of Phone Call Attended

1. TeleMANAS : 90
Cumulative for 2025-26: 5973

2. Targetted Intervention
under NMHP, Mizoram: 5
Cumulative for 2025-26: 375

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilruhriselna hi taksahriselna ang bawkin a pawimawh a ni

POST PARTUM MENTAL ILLNESS

DMHP Lawngtlai

Hmeichhe tam tak chuan naupai leh nau neih hnu hian rilru lama natna, beiseina, phurna, hlimna, lungkhamna, lungngaihna leh harsatna chi hrang hrang an nei thin a. Nau neih hnu hun engemaw ni chhung hian rilru lam natna hrang hrang neih a awlsam bik hle a.

Perinatal mental illness hi a tam zawk chu hriatchhuah loh a ni a, enkawl na dawng pawh an tlem hle. Tin, nau neih hnua rilru lam natna (Postpartum psychiatric disorders) hian nu leh naute inpawhna leh inzawmna (attachment) ah nghawng thalo a nei thei baw. Chuvangin, nau neih hnua rilru lam natna hi a hmalama hriatchhuah leh enkawl hi a pawimawh hle.

A Lo Awm Theihna Chhan

Kan taksaa chemical inthlakthleng vang te leh naupai vanga hormones inthlakthleng vang tein alo awm thei a, chumai bakah naupai leh nu dinhmun nihna inthlakthleng hunlai hian rilru lama harsatna chi hrang hrang a hring chhuak thin. Nu chu a taksa pianhmang inthlak danglam te, a pasal leh chhungte nena an inlaichinna te, a mawhphurhna leh khawtlang mipuiin a hmuh dan te a insiamrem a ngai thin a. Hetiang inthlakthleng thut vang te hian an rilru lamah nasa takin nghawng thalo a nei thei a ni.

Risk Factors

Heng harsatna hi nuin a naupai wawi khatna ah te hian neih a awlsam bik em ema, Chubakah naupai hmaa rilru lama harsatna heng- Anxiety, Depression emawchhungkuaa rilru lama harsatna lo nei thinte, Naupan laia khawihchhiat emawtihduhdah lo tawtawh te, nupa inkara buaina leh inremlohna lo neitawh te tan neih a awlsam bik.

A Lanchhuah Dan Chi Hrang Hrang

POST PARTUM BLUES (PBs): “baby blues” emaw “maternity blues” tia hriat bawk hi nau neih hnua rilru puthmang inthlakthleng (emotional lability phase) a ni a, tah chhuak ngawih ngawih, thinrimna, ngaihtuahna buai leh hlauhthawwna te an nei thin. Baby blues” hi a hluar hle a, nu tamtakin eng emaw chen chu an tawng ve thin a, a natna lan chhuah dan hi ni 10 chhungin alo langchhuak a, ni 3–5 hunchhung hi a nasat zuallai ber a ni. A tlangpuiin PB symptoms hian khawtlang nun leh hnathawhna kawngah a tibuai hranlo.

POST PARTUM DEPRESSION (PPD): PPD hi nau nei hlim hian an nei duh em em a. PPD chu lungngaihna te, muttheihloh leh chawei theihloh te, chauh ngawih ngawih nate, naute enkawl tura mahni inrintawklahna te, thih daih chakna te an nei nasa thin, Nau an neih atanga thla 2-3 chhung hi a awl tlangpui thin.

POSTPARTUM PSYCHOSIS (PP): PP hi a tlangpuiin nau neih hnu kar 2 tanga thla 3 chhungin a rawn langchhuak thin a, an mood leh mizia a inthlak danglam a, naute hriselna leh enkawlna chungchangah hlauhthawwna nasa tak leh rinhleahna an ngah em em a, mahni chauha awm duhna te, mahni inthiamlohna te, mi ina tina tur ang tlata inhriatna te, thil a taka awm miahlo hmuh emaw hriatna te, chuchuan an rilru leh nunphung nasa takin a tibuai thin. Naupai hmasa lama rilru lam natna lo nei tawhte, bipolar disorder lo nei tawh emaw chhungkua lama rilru natna (e.g., schizophrenia emaw bipolar disorder) lo nei tawhte chu PP vei theihna chance an nei sang bik a ni.

ENKAWL DAN:

Postpartum depression natna enkawl nan hian Psychotherapy hi a pawimawh em em a, chumai bakah chuan a chenpui chhung leh khat ten amah an enkawl/ chhawmdawlna kawngah chanvo pawimawh tak an nei bawk a, Psycho-education leh emotional support an pek that a pawimawh em em a ni. Tin, a nasa zual chu Psychotherapy mai bakah damdawi (Pharmacotherapy) nen tangkawpa enkawl an ngai thin a ni.

Heng nau neih avanga rilru lama harsatna thleng thei tam tak te hi hriatchhuah leh enkawl loh hi an tam em em a, heng avang hian harsatna lian zawk a thleng thin a. Chuvang chuan a natna lanchhuah dan te kan hriatchian chuan kawng tam takin kan inveng thei a, enkawl ngai an lo nih pawhin a tir te a enkawl khan a nasa tur kan lo veng thei a ni.

Workshop on Mental Health Issues amongst Mental Health Professionals

Ni 6.2.2026 (Zirtawpni) tlai dar 3:00 ah khan Workshop on Mental Health Issues amongst Mental Health Professionals chu State Guest House, Chaltlang ah neih a ni a. Hemi hun hi Dr. Zonunmawii Pachuau Addl. Director, DHME in a kaihrui a. Workshop ah hian Aizawl chhunga Rilru lama harsatna neite enkawl na hmun hrang hrang atangin Mental Health Professionals te kalkhawm in Mental Health chungchang a enkawl na rualkhai leh felfai zawka kalpui a nih theihna tur ruahmanna ngaihthlak leh sawiho a ni.

Workshop ah hian speaker hrang hrang hnen atangin Rilru lama harsatna hrang hrang enkawl dna tur ngaih thlak a ni a. Session I hi Dr. Ruth Lalmuanpuii, Jt. Director, DHME in kaihrui in Dr. H. Lalchhuanawma hnen atangin Treatment Protocol for Psychotic Disorders tih ngaihthlak a ni. Dr. Lalhriatpuii HoD, Psychiatry Department ZMC&H in Session II kaihrui vel lehin Dr. Malsawmtluangi, Jr. Resident, Psychiatry Department ZMC&H hnen atangin Treatment protocol for neurotic disorders (Anxiety & Depression) ngaihthlak leh a ni.

Session III chu Dr. C. Lalhrekima, HoD, Psychiatry Department, Kulikawn Hospital in a kaihrui a, Dr. Lalremliana Chhange hnen atangin Treatment Protocol for Substance Use Disorder ngaihthlak a ni. Session IV hi Pi Laldusaki, Principal, MCON in a kaihrui a, Dr. Vanlaldiki Ralte, Psychiatrist, Psychiatry Department, Kulikawn hnen atangin Mental Healthcare Act 2017 leh Assessment & Disability Certification chungchang ngaihthlak leh a ni.

Session tawp ber hi Jane Lalduhchhungi, Clinical Psychologistin kaihrui ve lehin Dr. Robert L. Khawlhing, SNO, Mental Health hnen atangin Co-ordination among MHP, Co-ordination between various national programmes and other stakeholders- DMHP/ ATF/ TM/ ARDSI Mizoram Chapter, Nursing Schools and Colleges ngaihthlak niin pawl hrang hrang thawhho theih dan tur kawng sawiho a ni.

Tin, heng bakah hian rilru hriselna lama enkawl na TeleMANAS chungchang te, online hmanga training neih theih na tur iECHO chungchang leh Suicide Prevention atana hmalak theihna tur kawng hrang hrang sawiho baw a ni.



AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuaia 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, Siaha leh Mami 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 KOLASIB



DMHP SERCHHIP



DMHP LAWNGTLAI



DMHP MAMIT



DMHP LUNGLEI

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

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