



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/122

Aizawl, the 27th February, 2026

19th – 27th, February, 2026

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

No. of OPD : 315
Cumulative for 2025-26: 12794

No. of IPD : 62
Cumulative for 2025-26: 2459

Outreach

Free Clinic cum Awareness : 3
Cumulative for 2025-26: 715

No. of Beneficiaries : 102
Cumulative for 2025-26: 21687

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

District	No. of Patients	Cum FY 2025-26
Aizawl	148	6318
Lunglei	30	1553
Siaha	12	1061
Champhai	111	2111
Kolasib	11	634
Serchhip	8	1341
Lawngtlai	24	1323
Mamit	33	891

No. of Phone Call Attended

1. **TeleMANAS** : 97
Cumulative for 2025-26: 6155

2. **Targetted Intervention**
under NMHP, Mizoram: 5
Cumulative for 2025-26: 384

ARDSI Mizoram Chapter
7005983633 /9366191341

ZU LEH RUIHHLO LAKA INVEN DAN

-DMHP SERCHHIP

Ruihhlo hi kan ramah a hluar a, naupang leh puitling ah hian ngawlvei kan pung zel a, ruihhlo vanga boral kan tam em em a ni. Ruihhlo laka inthiarfihlim hi inzirtir kan uar deuh deuh a pawimawh takzet a ni. Ruihhlo laka kan fihlim theih nana kawng hrang hrang kan zawh theih turte han tarlang ila-

- 1) 'Ka duh lo' tih hi sawi hreh suh – Naupang zawk leh tleirawl tam tak tan chuan hei hi a pawimawh hle a ni. Thiante emaw midang tuemaw mitmei kan ven lutukna lamah thil tha nia kan hriat ang pawh kan ti ngam lo thin. Mi tuemawin I tana tha lo tur zawnga nawrtu hnenah 'Ka duh lo' tih sawi turin dikna I nei a, I duh loh chhan sawi turin dikna I nei baw a, chutiang mi chu kalsan turin dikna I nei a, huaisen takin kalsan ngam ang che.
- 2) Thian tha chauh kawm la – I thian kawm ten zu leh ruihtheih thil dang eng emaw ti thin an nih chuan thian thar zawn mai a tha zawk ang. An tih ang I zir chho ve ang a, I hriat loh laiin ngawlvei I lo ni reng thei. Chuvangin, an lakah inthiarfihlim mai kha i himna a ni.
- 3) I chhungte leh puitling zawkte nen inpawhna tha takin inpawh reng ang che- zu leh ruihhlo chungchanga thutlukna siam turin harsatna eng eng emaw I tawh thei. I chhungte leh puitling zawk te tawn hriat tam tak lo nei tawhte hnen atangin thil tha I zir thei, thutlukna mumal tak siam tur pawhin an pui thei che a ni.
- 4) Hlim takin I nun hmang la, nuam I tih zawng chu ruihhlo tel lovin ti ang che- zu leh ruihhlo te hian I nun an thlak danglam vek thei a, nangmaha theihna awmte an up bet thei a, nun kha buai takin a siam thei a ni. Hobby tha leh hrisel zawk zir chhuah hram hram tum ila, a theih phei chuan khawtlang tan pawh tha han thawh te, midang tana inhmanna hian kan nunah rah tha a chhuah thin a ni.
- 5) Zu leh ruihhlo dang chungchanga kohhran, khawtlang leh chhungkuain dan leh inkaihhruaina an neihte zawm tlat ang che, dan kalh zawng a chet hian hlimna aiin lungngaihna a thlen zawk thin tih hriain, ruihhlo that lohnate hi chhungkuaa sawi ho thin a pawimawh hle a ni.

- 5) Zu leh ruihhlo dang chungchangah zirtirna tha dawn a pawimawh (Awareness) – Ruihhlo Do lama Awareness neihna hi pumpelh mai lovin, hlawkpui ngei tura kal a pawimawh bawh a ni.
- 6) Entawn tlakin awm - Midang ten kan nunah zir tur an neih khawpa entawn tlaka nun tum hi midang tan pawn malsawmna a ni.
- 7) Ruahmanna fel tak siam hmasa thin rawh – kan thil tih tur atana rilru lo sen lawk(thiante pawn ruihhlo ti se ka ti ve lo ang), ruahmanna fel tak siam hmasaa hun hman tum thin hi a pawimawh hle a ni.
- 8) Tawng chhuak la, sawi chhuak ve ang che – I thiante hnenah zu leh ruihhlo that lohnate hrilh thin ang che.
- 10) Tanpuitu zawng rawh –ruihhlo laka harsatna kan tawh chuan, tannpuitu zawn vat tur a ni.
 Ruihhlo do nan hian mimal, chhungkaw tin, kohhran, khawtlang leh ram pum huap pawh hian hma kan la nasa a, a aia nasa zawk pawh a kan tan sauh sauh a pawimawh hle 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, Serchhip leh Mamit 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 MAMIT



DMHP LUNGLEI



DMHP SERCHHIP

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harsatnaneia, hrechiang duh tan District
Hospital, ENT Dept OPD ah
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