



National Mental Health Programme, Mizoram Weekly Bulletin



NMHP-Mz/2026/124

Aizawl, the 12th March, 2026

6th – 12th March, 2026

No. of OPD : 278
Cumulative for 2025-26: 13291

No. of IPD : 52
Cumulative for 2025-26: 2572

Outreach

Free Clinic cum Awareness : 7
Cumulative for 2025-26: 725

No. of Beneficiaries : 347
Cumulative for 2025-26: 22244

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

District	No. of Patients	Cum FY 2025-26
Aizawl	157	6614
Lunglei	30	1606
Siaha	13	1086
Champhai	61	2243
Kolasib	20	665
Serchhip	7	1354
Lawngtlai	25	1364
Mamit	17	928

No. of Phone Call Attended

1. **TeleMANAS** : 109
Cumulative for 2025-26: 6442

2. **Targetted Intervention**
under NMHP, Mizoram: 3
Cumulative for 2025-26: 389

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

PERINATAL DEPRESSION

DMHP Champhai

Perinatal depression hi nu in nau a pai lai emaw nau nei hnu a rilru sukhlek danglam nasa, rilru lama harsatna neih thin hi a ni. Hetiang natna hi nasa vak lo atanga hlauhthawnawm khawp thlengin a awm thei.

1. **Prenatal depression:** Nu in nau a pai lai a rilru lama harsatna, a bik takin beidawnna, hlim lohna, mlungngaihna lam a neih nasatin.

2. **Baby blues:** Mood inthlak thut thut a, hlauhthawnna, hlim lohna, thawipikna hi nu in naute a neih atanga chhiarin kar 2 bawr vel hetiang a awm in baby blues tih a ni a, mahse a reh ve leh mai zel.

3. **Postpartum depression:** Post Partum depression chu nu in nau a neih hnu a rilru lama harsatna a tawh hi ani. Baby blues nen a nat dan a in ang reng a, a danglam na chu Postpartum depression ah chuan a natna kha nau pian atangin kar 2 aia rei a awm a, a natna a zual kai (severe) zawk baw a, enkawl na tha tello phei chuan an ziaawm mawh em em mai ani. A nasa tak takah phei chuan naute nu leh naute ngei hriselna thlengin a tuar phah thei a, thihna hial pawh a thleng thei a, amaherawhchu hetiang case hi chu a thleng zen zen lo.

4. **Postpartum psychosis :** Postpartum psychosis chu nu in nau a neih hnu a rilru lam a harsatna a neih in - thil awm lo awm ang tlata hriatna leh rinngheh burna, mi hmuh ve loh hmu, mi hriat ve loh hria, mi hriat ve loh rim thlenga hre tlata inngaihna te, hlim uchuak, tawng tawp hlei thei lo adt. Hetiang nu nau pawm a awm ngat phei chuan inentir vat a tul a, dawmdawi In awm hial te a ngai thin.

Perinatal depression natna lan chhuah dan thenkhatte-

1. Lungngai reng mai, nileng deuh thaw, nitin deuh thaw a awm reng.
2. Rilru beidawng leh thim zawnga thil thlir nasa
3. Awm hle hle thei lo a, hahdam thei thlawt lo
4. Hlu lo leh tangkaina reng nei lo a in hria

5. Nuam tih thin te pawh in hlimna a pe thei tawh lo
6. Zawi ngawih ngawih, chau ngawih ngawih reng mai
7. Rilru pek ding te, thil hriatreng te, thuthlukna siam mai te an harsat
8. Naute mu tha mahse mut an harsat
9. Naute enkawlina kawngah mahni inrinhlelhna an nei nasa a, naute nen emotional attachment siam an harsat
10. Thihna lam an ngaihtuah nasa a, midang emaw naute tihnat te, mahni in tihnat hial lam te an ngaihtuah nasa.

Perinatal depression hi Nu nau pai emaw nau nei hlim ah thleng thei vek a ni a, sual vang hrim hrim emaw a kha natna nei a ni lo a, dem ngawt tur a ni lo. Hetiang lama harsatna nei tan a rang lama inentir vat a, inenkawlina tha lak vat 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 Siaha, Kolasib, 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 KOLASIB



DMHP MAMIT



DMHP SIAHA

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

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

Rilru lama harsatnaneilehhriatbelh duh neikanawmchuan Telemanas Call theihna 14416, 180008914416