



National Mental Health Programme, Mizoram Weekly Bulletin



NMHP-Mz/2026/128

Aizawl, the 10th April, 2026

4th – 9th April, 2026

No. of OPD : 299
Cumulative for 2026-27: 497

No. of IPD : 98
Cumulative for 2026-27: 139

Outreach

Free Clinic cum Awareness : 4
Cumulative for 2026-27: 6

No. of Beneficiaries : 162
Cumulative for 2026-27: 326

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

District	No. of Patients	Cum FY 2026-27
Aizawl	146	287
Lunglei	37	58
Siaha	8	17
Champhai	101	121
Kolasib	12	21
Serchhip	10	21
Lawngtlai	16	31
Mamit	17	61

No. of Phone Call Attended

1. TeleMANAS : 138
Cumulative for 2026-27: 237

2. Targetted Intervention
under NMHP, Mizoram: 5
Cumulative for 2026-27: 14

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

DEPRESSION

DMHP AIZAWL

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.

Mild Depression: Mild Depression chu rilru lama nguina, nitin nunah harsatna tenau thlen thin mahse enkawl leh thunun theih theih a ni.

Moderate Depression: Moderate Depression hian mimal nun, kan hnathawhah leh midang nen kan inlaichinna lamah harsatna nasa a thlen theia. Hna thawh leh nun pangngai taka hman tum thin mahse harsa an ti hle thin a ni.

Severe Depression: Rilru lama damlohna nasa tak, nitin hna thawh, mimal nun leh midang nena inlaichinna a ti buak vek thin a ni. Chak lohna leh thil tih phur lohna nasa tak a thlen a. An harsatna enkawl turin damdawi emaw psychotherapy hial an mamawh thin 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 thinte 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 thenkhat ten, mit vai emaw thil hmuh sual fo an ching a, thil thleng tak tak lo an buaipui fo chuan, chutiang natna chu psychotic depression a ni.

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, Siaha 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.



DHMP LUNGLEI



DMHP SIAHA



DMHP MAMIT

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