



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/127

Aizawl, the 2nd April, 2026

28th March – 1st April, 2026

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

No. of OPD : 198
Cumulative for 2025-26: 14422

No. of IPD : 41
Cumulative for 2025-26: 2700

Outreach

Free Clinic cum Awareness : 2
Cumulative for 2025-26: 741

No. of Beneficiaries : 158
Cumulative for 2025-26: 23009

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

District	No. of Patients	Cum FY 2025-26
Aizawl	141	7051
Lunglei	21	1688
Siaha	9	1123
Champhai	20	2409
Kolasib	9	690
Serchhip	11	1375
Lawngtlai	15	1409
Mamit	13	970

No. of Phone Call Attended

1. TeleMANAS : 99
Cumulative for 2025-26: 6898

2. Targetted Intervention
under NMHP, Mizoram: 9
Cumulative for 2025-26: 412

ARDSI Mizoram Chapter
7005983633 /9366191341

MENTAL HEALTH PROFESSIONALS

1. Psychiatrist

Psychiatrist-te hian rilru, leh nungchang lama harsatna awmte hmuchhuak leh hrechhuak turin damlo an en thin a. Rilru lama natna leh harsatna neite enkawlina, venna kawngah an pui ber a ni. Psychiatric medicine, taksa enfianna leh lab tests te an hmang thin a. Rilru natna chi hrang hrang, an enkawl thin a ni. Psychiatrist chu Doctor of Medicine (MD) degree nei doctor a ni.

2. Clinical Psychologist

Clinical psychologist te hian rilru natna hriatchhuah leh enkawl danah training bik an nei a. Clinical Psychologist te hian a tlangpuiin M.Phil emaw P.hD in Clinical Psychology a zir chhuak a, rilru leh mihring nungchang hriatthiamna lamah theihtawp an chuah thin a ni. Practice turin license an mamawh bawk. Rilru lam hriselna lama harsatna hrang hrangte chu assessment, diagnosis leh therapy an pe thei a ni
Clinical Psychologists te chuan heng te hi an ti thin:

- Rilru natna hrechhuak tura psychological test hmanga endik
- Rilru natna, harsatna leh damlohna te enkawlina pek
- Rilru lam leh hriatna lam thawhdan leh theihchhin enfiah

3. Psychiatric Social Worker

Psychiatric social work hi medical social work lama specialized field a ni a, rilru lam natna khirh tak nei te chu an pui thin. Mimal tinte chu rilru natna kaihnnawih khawtlang harsatna hrang hrangte chu inzawmna, hnathawhna, leh nunphung quality ang chi hmachhawn turin an pui thin. Psychiatric social worker-te hian psychiatric social work-ah MPhil emaw Phd emaw an nei a ni.

4. Psychiatric Nurse

Psychiatric nurse-te hi a bik taka training nei nurse an ni a, rilru lam hriselna lama harsatna nei emaw, nungchang lama harsatna nei emaw te rilru leh taksa hriselna enkawltu an ni. Psychiatric nurse hi mental healthcare sector-a thawk, registered nurse niin, M.Sc in Psychiatric Nurse degree an nei a ni.

NMHP ACTIVITIES FY 2025-2026

Date	Activities
8 th April, 2025	Agreement signed with ARDSI Mizoram Chapter
24 th April, 2025	Mental Health Clinic cum Awareness Programme at Senior Citizens Home with Mizoram Upa Pawl in Collaboration with ARDSI Mizoram Chapter, NMHP, TeleMANAS, NP-NCD, NPPCD
2 nd July, 2025	Awareness at Hulhliap Short Stay Centre collaboration with NP-NCD, NTCP, ARDSI MZ, NMHP
4 th July, 2025	NMHP Online Review Meeting
9 th July, 2025	Training of Volunteers for Hulhliap Short-stay Centre
8 th August, 2025	Awareness on Mental Health, ANC & PNC at Local Council House, Model Veng
12 th September, 2025	Awareness on Mental Health at Mary Mount School, Tlangnuam
23 rd September, 2025	Observation of World Alzheimer's Day at Chanmari YMA Hall, Chief Guest Pi Lalrinpuii, Hon'ble Minister, H&FW
10 th October, 2025	Observation of World Mental Health Day at DHME Auditorium collaboration with NTCP, President MJA, Director I&PR, President ARDSI
14 th November, 2025	Training on Mental Health at Mizoram Police Headquarters, Khatla
25 th November, 2025	Awareness on Mental Health at Mary Mt. School, Tlangnuam
11 th December, 2025	Awareness on Mental Health at TL School, Zemabawk
12 th December, 2025	Mental Health Awareness agreement signed with social media influencers
6 th February, 2026	Training for Mental health Professionals
7 th March, 2026	Awareness on Mental Health among Youth Fellowship, Nursery Venglai Kohhran, Zemabawk West Kohhran
15 th March, 2026	Awareness on Mental Health among Youth Fellowship, College Veng Kohhran, Ainawn Veng Kohhran, Model Veng Kohhran
16 th & 17 th March, 2026	Training for Nursing Officers on Mental Health
24 th & 25 th March, 2026	Training on UDID Assessment & Certification for specialist doctors and corresponding support staff. Organized by Social Welfare Department collaboration with Health and Family Welfare Department
27 th March, 2026	Panel Discussion (Training) for law enforcers on mental health. Organized by NMHP, TeleMANAS Mizoram, National Health Mission
April, 2025 – March, 2026	Mental Health Assessment and counseling at Central Jail

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 Lawngtlai leh Serchhip 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 SERCHHIP



DMHP LAWNGTLAI

NPPCD chungchanglehbeng 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 harsatnaneilehhriatbelh duh
neikanawmchuan
Telemanas Call theihna
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