



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/132

Aizawl, the 8th May, 2026

1st – 7th May, 2026

No. of OPD: 331

Cumulative for 2026-27: 1339

No. of IPD: 59

Cumulative for 2026-27: 290

Outreach

Free Clinic cum Awareness: 29
Cumulative for 2026-27: 25

No. of Beneficiaries: 349

Cumulative for 2026-27: 1307

No. of OPD/IPD

(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	172	826
Lunglei	72	249
Siaha	21	80
Champhai	94	396
Kolasib	8	116
Serchhip	5	46
Lawngtlai	11	80
Mamit	17	129

No. of Phone Call Attended

1. TeleMANAS: 119

Cumulative for 2026-27: 742

2. Targetted Intervention

under NMHP, Mizoram: 5

Cumulative for 2026-27: 44

ARDSI Mizoram Chapter

7005983633/9366191341

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

NAUPANGTE LEH TLEIRAWLTE RILRU HRISELNA

DMHP Lawngtlai

Naupangte rilru hriselna hi an taksa hriselna ang bawkin a pawimawh, Rilru puthmang dik chuan nunin harsatna a rawn thlen apiang tuar thei tura chhelna nei turin a pui a, an rawn thanlen chhohin rilru hrisel an rawn nei thei dawn a ni.

Naupang leh tleirawlte rilru hriselna hi eng thilin nge nghawng thei?

- An nuna thil thalo leh hlauhawm an tawnin naupang leh tleirawl te tan rilru lama harsatna neih a awlsam bik.
- In awmna insawn te, sikul tharah insawn te, chhang an neih te emaw an nuna inthlak danglamna alo awm hian an rilru lama nasa takin nghawng thalo a nei thei. Thenkhat tan chuan heng inthlak danglamna hian phurna te, hlimna te a thlen rualin thenkhat tan erawh chuan rilru lamah harsatna a thlen thei a ni.
- Tleirawl te hian an than chhoh lai hian danglamna nasa tak an taksa leh rilru ah alo thleng thin a. Heng hunlaia puitling ni tura insiamrem thiamlo tan chuan zu leh ruihhlo a tlukluh a awl em em a ni.

Thenkhat tan hian rilru harsatna neih hi awlsam em?

Naupang leh tleirawl thenkhat te chu an thanchhohna leh an nuna an thil tawn te avangin midangte aini rilru lama harsatna neih a awlsam zawk a. Mahse, heng naupang leh tleirawl zawng zawng te hian rilru lama harsatna an nei vek dawn tihna a ni kherlo.

Rilru lama harsatna an neih theih chhan thenkhat te chu:

- hun rei tak chhung taksa natna nei
- nu leh pa rilru lama harsatna nei tawh, zu leh ruihhlo lo khawih thin fate, thubuai nei tawhte
- an hmangaihte channa

- nu leh pa inthente
- tihduhdahna nasa tak lo tawh tawh tee maw khawihchhiat lo tawh tawh te
- rettheihna emaw, chenna nei lo te
- inthliarna tawh
- hun rei tak chhung sikul lama harsatna lo nei

Naupangte zingah rilru lamah eng harsatna nge an tawh tlangpui?

• **Depression:** Tunhma ai chuan tunlai ah hian naupang te leh tleirawl ten depression an nei nasa zawk a, naupangte aiin tleirawlten an nei nasa zawk. Nun nguaina leh lungngaihna nasa tak an nei a, thiam te zingah an awm peih lova infiam leh midang bula awm an peihlo thin.

• **Generalized anxiety disorder (GAD):** GAD hian tunlaiah naupangte leh tleirawl te a ti buai nasa hle a. Hlahthawwna nasa tak an nei a hei hian an nunphung nasa takin a ngawng buai a sikul kal thlengin an hreh phah thin. Naupang sikul kal tan tir te hian chhungte laka awmhran hlauhna (Separation anxiety) neih a awlsam bik

• **Post-traumatic stress disorder (PTSD):** Tunhmaa khawihchhiat emaw tihduhdahna emaw, khuarel chhiatna lo tawh tawhte hian PTSD neih a awlsam bik. An thil lo tawn tawh te hian hlauhna na nasa tak a neihtir a chuchuan an mitthla leh mumang lam thleng a nghawng thei a ni.

• **Eating disorder:** He harsatna hi tleirawl te ah a hluar em em a, a bik takin hmeichhiaah a tam zawk a, piannalh loh te thau lutuk te an hlauh avangin an taksa in a mamawh ang zat eitur tha an ei ngam lova, hei hian an taksa ah harsatna nasa tak a thlen thin a ni.

Enkaw! dan:

Naupang te leh tleirawl heng harsatna tawh te hi titi pui a, an harsatna hmachhawn dan zirtir hi a pawimawh em em a, naupang zual tan chuan infiamna (play therapy) hmanga zirtir te hi a pawimawh a, an mamawh dan a zirin hetiang lama mithiamte (Counsellor te, Psychiatrist te) hnenah refer tur a ni.

Naupang leh thalai rilru hrisel an neih theih dan tur:

- Taksa hriselna ngaih pawimawh tur
- Hunbi neia thil ei leh mut
- Insawizawi tam
- Thian kawm tam ve tur
- Ruihhlo lakah fihlim tur
- Chhungte nena inpawhna tha neih

AWARENESS LEH FREE CLINIC

National Mental Health Programme huan District hrang hrangte chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic anei thin a. Tunkar chhungin Siaha leh Kolasib District ten Awareness leh Free Clinic anei a, TeleMANAS chungchang inhrihriatna 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 nen a kan inzawmna te leh duhthlanna hrisel kan neih theih nan heng hun hi hlawk taka hman thin a ni.



DMHP SIAHA



DMHP KOLASIB

NPPCD chungchang leh beng lama
harsatna nei ,hrechiangduhtan District
Hospital, ENT Dept OPD ah
zawhfiah theih reng a ni

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