



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/136

Aizawl, the 5th June, 2026

30th May – 4th June, 2026

No. of OPD: 270
Cumulative for 2026-27: 2804

No. of IPD: 50
Cumulative for 2026-27: 526

Outreach

Free Clinic cum Awareness: 2
Cumulative for 2026-27: 51

No. of Beneficiaries: 315
Cumulative for 2026-27: 2741

No. of OPD/IPD
(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	164	1429
Lunglei	60	462
Siaha	16	444
Champhai	103	750
Kolasib	25	180
Serchhip	13	86
Lawngtlai	17	158
Mamit	22	214

No. of Phone Call Attended

1. **TeleMANAS: 175**
Cumulative for 2026-27: 1366

2. **Targetted Intervention**
under NMHP, Mizoram: 8
Cumulative for 2026-27: 76

ARDSI Mizoram Chapter
7005983633/9366191341

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

ZU LEH RILRU HRISELNA

- **DMHP Kolasib**

Zu leh rilru hriselna hi thil inkawp tlat a ni a, zu in nasat lutuk hian kan nunah nghawng tam tak a nei thin. Nuam tawl nan te, thian kawm nan te, rilru hahna tihreh tum vang te hian zu kan in thin a, thenkhat chuan an rilru hahna chhawk zangkhaina emaw tiin zu an in thin baw. Thenkhat tan chuan kan rilru hahna te, hrehawmna te, lungngaihna leh hlauhna kan neih te atanga tlanchhiatna kawng angah kan ngai thin a, amaherawhchu hei hi hun rei lo te chhung atan chauh a ni a, kan harsatna sut kianna dik tak a ni lo.

Zu hi 'depressant' a ni a, min ti lungngai leh min ti hnualtu a ni. Hei hian kan thluaka neurotransmitter khawih buaiin kan ngaihtuahna leh mizia thlengin nghawng a nih tir thei a ni. Zu hian rei lo te chhung chu mi a ti hahdamin mahni inrintawka pawh a pe ve thei a, mahse hei hi hun rei lo te chhung chauh a ni. Tin, zu hian kan thluakah nghawng a neih tlat avangin kan rilru chhungril tak tak leh kan che zia ah engtin nge nghawng a neih dawn tih min ngaihtuah tir thei thin lo.

Mi in hun reilo te chhung zu a in chuan mut lamah harsatna te a nei thei a, pum na te, pum puar te leh lu na te a thlen thei. Tin, uluk lo taka khawsak te, thinrimna leh thinchhiatna te mai bakah accident te a thleng thei a ni. Mi in hun rei tak chhung zu a lo in tawh chuan hriselnaah nasa takin nghawng a nei thei a – lung tha lo te, stroke te, BP sang te, thin tha lo te leh cancer te a thlen thei. Tin, midangte nen kan inlaichinna te a tichhia a, hnathawh naah harsatna a thlen thei a, sum leh pai lama tlakchhiatna te a thlen thei baw. Heng harsatna zawng zawng hian rilru hriselna ah nghawng a nei thei a ni.

Heng a hnuaia tarlan te hi Alcohol Use Disorder tehfungte DSM-V in a tarlan dan an ni:

- Tum lawk sa aia tam emaw tum lawk sa aia rei zu in
- Zu in chakna awm reng emaw in tlem tuma hlawhchham
- Hun rei tak chhung zu in tur buaipui emaw, zu in emaw zu nghei tum
- Zu in chakna nasa lutuk
- Mahni inah emaw, zirna inah emaw hnathawhna hmunah tih tur ti tha thei lo
- Harsatna karah pawh zu in chhunzawm reng
- Zu in duh vanga tih tur pawimawh thulh phah
- Nunna tana a derthawng hnu pawha zu in la sim thei lo
- Zu rui turin tam tak in ngai tawh
- In tlem emaw nghei in withdrawal symptoms a langchhuak nghal thin.

Zu in kan taksa hriselnaa nghawng a neih hrang hrangte chu kan hre theuh awm e. Kan khawtlang (social) nunah leh rilru ah pawh nghawng a nei thui thei hle a, chungte chu:

Social effects:

- i) Chetsualna (accident) a thlen nasa
- ii) Hna leh eizawna lama harsatna a thlen
- iii) Sum leh pai lamah harsatna a thlen
- iv) Nupa, kawppuite leh fate nena an inkar a tichhia
- v) Dan bawhchhiatna a thleng nasa

Psychological effects:

- i) An thinrim hma em em
- ii) An hriatrengna a khawih buai
- iii) Thil tih turah rilru an pe thei lo
- iv) Hallucinations an nei
- v) Mahni nunna lak tumna (suicide attempt)
- vi) An thikthu a chhe zual em em

Zu in avang hian chhungkaw tam takin harsatna leh buaina an tawh mek a. Eizawna a tichhiat bakah, kan sum dehchhuahte hi zu in a thlen natna hrang hrang enkawl na atana hman ral hi chhut dawn ta ila, kan chhut seng kherin a rinawm loh. In chung khur boruak tichhe tu, nupa leh fate inkara innghirngghona thlentun lian berte zinga mi a ni a. Zu in mite hian anmahni nun chauh tichhe lovin an chhungkaw nun a tichhia a ni tih hi hriat thar a pawimawh hle. Nghei leh sim hi thil harsa tak ni mah se, thil theih loh a ni lo va. Kan tum chuan kawng a awm a ni tih hria in, nghei tura min pui theitute kan rawn hreh tur a ni lo.

AWARENESS LEH FREE CLINIC

National Mental Health Programmehnuia District hrang hrangte chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic anei thin a. Tunkar chhungin Aizawl leh Siaha District ten Awareness leh Free Clinic anei a, TeleMANAS chungchang inhrilhriatna 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 AIZAWL



DMHP SIAHA

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

Thurawn pek emaw hriatbelh duh nei chuan a hnuia mail ah hian dah nise
mizmentalhp@gmail.com

Rilru lama harsatna nei leh hriat belh duh nei kan awm chuan
TeleMANAS Call theihna
14416,180008914416