



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/137

Aizawl, the 12th June, 2026

5th - 11th June, 2026

No. of OPD: 526
Cumulative for 2026-27: 3330

No. of IPD: 63
Cumulative for 2026-27: 589

Outreach

Free Clinic cum Awareness: 4
Cumulative for 2026-27: 55

No. of Beneficiaries: 469
Cumulative for 2026-27: 3210

No. of OPD/IPD
(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	303	1732
Lunglei	47	509
Siaha	81	525
Champhai	91	841
Kolasib	15	195
Serchhip	11	97
Lawngtlai	21	179
Mamit	20	234

No. of Phone Call Attended

1. **TeleMANAS:206**
Cumulative for 2026-27: 1572

2. **Targetted Intervention**
under NMHP, Mizoram: 4
Cumulative for 2026-27: 80

ARDSI Mizoram Chapter
7005983633/9366191341

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

NAUPANGTE LEH RILRU LAM HARSATNA

-DMHP Aizawl

Global Burden of Disease (2019) data a lan dan chuan, kum 5 atanga kum 24 inkarah mi sawm (10) zela pakhat (1) churilru lam harsatna nei anga chhut a ni. Kum 5–9 inkarah Anxiety Disorder, Autism Spectrum Disorder (ASD) leh Attention Deficit Hyperactivity Disorder (ADHD) te an tam bera ; Kum 10–19 inkarah Anxiety Disorder, Depressive Disorder leh Conduct Disorder te tam leh in; kum 20–24 inkarah chuan Anxiety leh Depression bakah ruihhlo hmanna avanga harsatna neite an tam ber a ni.

Mihring puitling ni turin kan taksa hriselna a pawimawh ang bawkin kan rilru hriselna a pawimawh hle a; rilru lam harsatnate hi hriat tlai/ngaihthah mai an nih chuan naupangte nun a tithuanawp in, an thluak hmasawna leh hriselnate nghawng in- an zirna, mite nen inlaichinna leh an hma lam nunah nghawng nasa tak a thlen thin a ni.

Naupangte zinga rilru lam harsatna langsarzualte chu-

1. Attention Deficit Hyperactivity Disorder (ADHD)

ADHD chu naupangte zinga rilru lam harsatna berte zinga mi a ni. Hetiang naupangte chuan rilru pek ding (attention & concentration) te, awm hle hle harsatna/chet sek, hmunkhatah rei taka thut theih lohnate leh ngaihtuahna hmang lo a thiltih puat puatte an ching thin a ni. Heng an harsatna avang hian an zirna leh mite nen a chen honaah harsatna an tawk fo thin.

2. Anxiety Disorders

Anxiety chu hlauhna leh ngaihtuah buaina nasa lutuk a ni a. Naupangte zingah nu leh pate laka inthen hlauhna (Separation Anxiety), mi hmaah din hlauhna (Social Anxiety) leh thil bik chungchang hlauhna (Phobia) nei an tam ber a ni. Hlauhna hi an nun pangngai a tihbuai chuan puihna leh enkawlina an mamawh tih hriat a tha.

3. Depression

Mi tam tak chuan Depression hi puitlingah chauh a thleng thei a ngaih thin a ni a, mahse, naupangte zingah pawh a thleng ve thin a ni. Naupangte a a lan dan tlangpui chu- taksa zawi ngawih ngawih, nidang aia pangchang/tahbelh, infiamna leh nuam tih thin/lawm thin te lawm tawh lohna, thian kawm peihloh, school kal duh loh leh mut leh ei ah harsatna an tawh thin a ni.

4. Autism Spectrum Disorder (ASD)

Autism Spectrum Disorder neite chuan inbiakna kawngah leh inlaichinna siamna kawng ah te harsatna an nei thin a, thiltih dan bik tlatte nei in- hmun leh hun mil a insiamremna ah te harsatna nei in, thiltih chin bik tlat te (kut ben/vei/thin, dingdihlip a kal, lu thin/tauh, taksa insawi etc.) leh thil atchilh bik/veite an nei thin. ASD nei naupang thenkhatte ah an kum rual naupangte aia thiam bik/special na bik riau nei an awm ve bawh thin.

5. Oppositional Defiant Disorder (ODD)

ODD nei naupangte chu thuawih lo, inhnial duh leh aia upate thu dodal thin an ni. Hetiang dinhmun hi naupangte nun leh zirna kawngah buaina a thlen thei a, chhungkua leh school thawhhona a ngai hle.

6. Conduct Disorder

Conduct Disorder chu ODD aini a nasa zawk a ni. Hetiang naupangte chuan dan bawhchhiatna, midangte hliam duhna, thiltih chhiatna leh dik lo taka thiltih an ching thin.

7. Specific Learning Disorder (SLD)

SLD nei naupangte chuan an intelligence pangngai nei siin- lehkha chhiar, ziah leh mathematics zirna kawngah harsatna bik an nei thin.

8. Obsessive-Compulsive Disorder (OCD)

OCD nei naupangte chuan ngaihtuahna an duh vang pawh ni lova rilru a lo lang reng (obsession) leh chumi avanga thiltih ngei neihna (compulsion) an nei thin. Entirnan, kutsil tam lutuk emaw, kawngkhar kha a khar em tih ennawn fo emaw a ni thei.

Naupangte rilru lam harsatna hi chhan hrang hrang avangin a lo thleng thei. Chungte zingah chuan pianpui (genetic factors), chhungkaw nunphung, khawsak harsat lutukna, hmangaihna leh ngaihsakna tlemna, school-a buaina leh midangte tih duhdahna (bullying) te an tel a ni. Tin, naupangte internet leh social media hman dan tha zirtirna pawh a pawimawh. Electronic device hman hun remchang ruatsak leh taksa sawizawi leh infiamna hun pek hi rilru hriselna atan a tha hle.

Naupangte rilru hriselna hi an nun hlawhtlinna bulpui a nih avangin chhungkua, school leh khawtlang te nen thawh ho a, naupangte rilru hriselna ngaihsak hi kan mawhpurhna pawimawh tak a ni.

AWARENESS LEH FREE CLINIC

National Mental Health Programmehnuiaia District hrang hrangte chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic annei thin a. Tunkar chhungin Lunglei, Siaha, Lawngtlai leh Mamit District ten Awareness leh Free Clinic annei a, TeleMANAS chungchang inhrihhriatna hun neiin Mental Health chungchang zirtiina 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 LUNGLEI



DMHP LAWNGTLAI



DMHP MAMIT

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 hnuaia 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

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