



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/135

Aizawl, the 29th May, 2026

22nd – 29th May, 2026

No. of OPD: 476
Cumulative for 2026-27: 2534

No. of IPD: 53
Cumulative for 2026-27: 476

Outreach

Free Clinic cum Awareness: 4
Cumulative for 2026-27: 49

No. of Beneficiaries: 220
Cumulative for 2026-27: 2426

No. of OPD/IPD
(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	119	1265
Lunglei	41	402
Siaha	239	428
Champhai	69	647
Kolasib	11	155
Serchhip	9	73
Lawngtlai	15	141
Mamit	26	192

No. of Phone Call Attended

1. **TeleMANAS: 152**
Cumulative for 2026-27: 1191

2. **Targetted Intervention**
under NMHP, Mizoram: 5
Cumulative for 2026-27: 68

ARDSI Mizoram Chapter
7005983633/9366191341

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

RILRU HRISELNA CHUNGCHANG HI ENGTIN NGE NI ZEL DAWN?

DMHP, Champhai

Tum khat chu nidang ang bawkin kan office District Mental Health Programme Office ah mipa rawlthar pakhat hi a Nu in a rawn hruai a. Aizawl lama Psychiatrist (Rilru Doctor) leh Doctor dangte an rawnna lehkha chhah ve tak file a keng chungin Counselling roomah an lo lut a, Damlo Rawlthar chu ka kawm hma in, a Nu chu a hranin a fapa natna chungchangte chu zawtin ka titi pui hmasa a.

A fapa hian thawhah, lungphu rang, kut leh ke mu churh churhte neiin, boruak kham khawp lo ang maiin a thaw a rangin, chu chuan amah ti thlabar in amah leh amah inthunun thei lo dawna inhriatna chuan hlauhthawna nasa tak pe in a talbuai thin a ni tiin min hrilh a, A nu amah hmangaih em em tu chuan chutianga a fapa a duat leh a hmangaih em em tal buai a hmuh chuan a ni pawh mangang taka awmin theihtawp chhuahin a thlamuan ve thin a, mahse a neihchhun thawtha hleithe i lova awm a hmuh chuan a chia i ve thin bak ah, a tih beidawn thin thu a sawi baw k a, chutih rualin an chhungkaw member dangte hian a fapa talbuai thin chu hriatthiam harsa an tih thu an sawi leh thin a, chu chuan a rilru a tih nat ve fo thu a sawichhuak baw k a.

A fapa chu an Psychiatrist rawn chuan damdawite chawhin, SOS a a ei tur damdawite pawh a chawh tel a. A fapa chu boarding a awm anih avangin an Boarding/Hostel Warden te chuan a damdawi chu addict a hlauhawm tiin ei an lo remti lova, Mipa tleirawl chu a natna a zia theih loh avangin Medicine Doctor rawn turin thurawn an pe a. Test chi hrang hrang an neih hnuah a result a tha vek zel a, tin lung lam thiam Doctor te pawn an rawn zel a engmah a that lohna an hmu lova.

A dinhmun a zia theih tak loh avangin a zirna pawh chhunzawm thei lovin in lamah chuan a Nu in a hruai haw ta a, An khaw Doctor MBBS pakhat chu rawn lehin a ni chuan an inentirna lehkhahluite chu lo en in Psychiatrist Doctor chawh damdawite chu a ei leh ei loh a lo zawt a, a Nu chuan an ei chhunzawm loh thu a lo hrih a, Doctor an rawn thenkhat ten Rilru natna lam damdawi hi ei a hlauhawm, ei lova dam tum a tha ber ti a an lo hrih thin avangin a hlau thawngin a fapa pawh damdawi a pek chhunzawm ngam loh thu in a lo chhang a. An Doctor rawn chuan Doctor te hi thiamna hran nei theuh an nih avang leh an hriatna leh thiamna pawh a in chen lova, chuvang chuan thiamna bik nei Doctor an rawn chuan an damdawi chawh kha a him thu leh ei chhunzawm turin a lo thurawn a ni. Doctor thurawn ang chuan rilru natna damdawite chu ei chhunzawmin Counselling dawng turin kan clinic an lo pan thu min hrih a.

Mizoramah hian Psychiatrist (Rilru lam) Doctor hi kan la nei tlem em em a, kan neih chhunte hi Aizawl khawpuiah an awm deuh vek a, District Capital ah hian tun dinhmunah hian rawn tur kan nei meuh lo. Chutihrualin, Khawzawl, Saitual leh Hnahthial District tih lovah chuan District tinah District Mental Health Programme Office awmin hetah hian Clinical Psychologist te, Psychiatric Social Workers te leh Psychiatric Nurses te OPD hun chhungin rawn theihin an awm reng a. Tin, heng office te hi Medical Officer/Incharge DMHP in a tul angin damlo te damdawi an chawhin a thlawnin damdawi hi sem thin a ni bawh ani. Hemi bakah hian online in Telephone in rilru lama harsatna nei tan TeleMANAS No 14416 emaw 18008914416 ah hian engtik lai pawn rilru lama harsatna nei tan biak theih reng an ni.

Rilru lam natna neite hi kan la in hrethiam lovin, Rilru lama mithiamte pan kan la hreh hle niin a lang a, Rilru lama mithiamte rawn nachang kan hriat hi hmasawwna ani tih hria a, hreh lova midangte pawh rawn tura kan fuih sauh sauh a pawimawh hle ani. Taksa natna thenkhat anga damdawi ei a, dam nghal mai erawh hi chu a har ve a. A natna a zir a damdawi ei reng ngai te, tin, damdawi ei paha Counselling regular taka kal ngaite, leh damdawi ei kher lova Counselling/therapy hunbi neia kal thlap thlap hian Rilru natna tam zawk hi chu a dam thei a ni.

Kan khawvel changkang zel hian rilru natna chi hrang hrang hi a rawn belhchhah zel a, entirnan, digital addiction (mobile phone addiction) etc te hi kan zirchiana keimahni theuh leh kan chhungte pawh rilru hrisel zawk nei thei tura kan invent a kan in enkawl theuh hi a pawimawh takzet 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, leh Serchhip District ten Awareness leh Free Clinic annei 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 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 SERCHHIP

NPPCD chungchanglehbeng lama
harsatna nei ,hrechiangduhtanDistrict
Hospital, ENT Dept OPD ah
zawhfiahtheihreng a ni

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