



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/141

Aizawl, the 10th July, 2026

3rd – 9th July, 2026

No. of OPD: 320
Cumulative for 2026-27: 4598

No. of IPD: 61
Cumulative for 2026-27: 768

Outreach

Free Clinic cum Awareness: 1
Cumulative for 2026-27: 73

No. of Beneficiaries: 175
Cumulative for 2026-27: 4904

No. of OPD/IPD
(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	147	2166
Lunglei	46	562
Siaha	20	561
Champhai	92	1080
Kolasib	15	344
Serchhip	8	118
Lawngtlai	33	247
Mamit	20	290

No. of Phone Call Attended

1. **TeleMANAS: 199**
Cumulative for 2026-27: 2184

2. **ARDSI Mizoram Chapter: 3**
Cumulative for 2026-27: 1833

TeleMANAS
Mizoram: 14416 (Toll Free)

MAIN STAKEHOLDER
ARDSI Mizoram Chapter
7005983633/9366191341

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

SUICIDE PREVENTION THROUGH SOCIAL SUPPORT

DMHP Serchhip

Mahni intihhlum duhna rilru nei te hi social support pek that hi kan puih theihna pawimawh ber te zing a mi a ni a. Miin ngaihsaknate, hmangaihna, duhsakna te, tanpuina te a dawn that hian nasa takin a rilruah ngawng a nei lian hle a ni. Hengte hi a bikin chhungkua atangte, thiante, zirtirtute, thawhpuite, thenawm khawvengte leh kohhran khawtlang atanga a dawn theih pheih chuan rilru hriselna kawngah nasa takin a her danglam thei a ni.

Ways Social Support Helps Prevent Suicide

1. **Reduces Loneliness:** Hmasawn harsata hmahun thui tak thliir thei tawh lo mahni a khawhar leh lungleng taka mi a awm a nih chuan midangte tanpuina tur chi hrang hrang a awm thin a, a phak tawh a puih hian ngaihtuahna tha lo a put te a tidanglam thin a ni.

2. **Provides Emotional Support:** Judgement tel lo in an thusawi ngaihtlak sak thin tur a ni a, tin, confidential a nih thu kan sawi in rintlak kan ni tih a lang bawh tur a ni

3. **Encourages Early Helps Seeking:** Chhungkua leh thian tha ten mental health professional te khawhmmuh nachang hriat hi a pawimawh hle.

4. **Recognizes Warning Sign:** An chenpui te leh an mahni hrechiantgu ten warning sign awmthei te an chik thin tur a ni. A tlangpuiin rilru hah avanga mahni mawhpurhna tihlawhtling thei lote, lungngai rengte leh thih mai a duh thu sawi thinte, intihhlum tuma kan ringhlel a nih chuan inenkawl zui an ngai hle a ni tih hriat tur

5. **Offers Practical Help:** Nitina a tih tur te ngaihsak pui a, sum lama harsatna te phak ang tawh a ngaihtuahpui te hian stress nasa tur a tihnam thei a ni

6. **Builds Hope and Resilience:** Hunkhirh tak leh hun harsa a tawnin fuih thintu a mamawh a, relationship hrisel tak a neih bawh hian beiseina leh hmahun thliir thiam theihna kawngah a pui thei bawh a ni.

7. **Creates A Sense of Belonging:** Chhungkuaah te, school kalnaah te, kohhran khawtlangah te an mawhpurhna kan hrilh nawn hram hram thin tur a ni, mahse an huphurh lutuk tur thil ni lo se, chu chuan anmahni an hlu ve a ni tih inhriatna te a siam thin a ni.

Mahni intihhlum tumte hi social support e.g hun hmanpui te, kawm tam a titipui tam te, a hun tak a rilru lama mithiamte pan puite hian an nunna kan lo chhan ve thei a ni tih kan hriat a pawimawh em em a ni. Mitin hian an thusawi ngaihtlak sak te, hmangaihna leh dawhtheihna kan pek hian an nun hreawm leh harsatna lian tak an tawh hi kan pui thei a ni.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuia District hrang hrangte chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic annei thin a. Tunkar chhungin, Aizawl 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.



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