



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/144

Aizawl, the 31st July, 2026

25th – 30th July, 2026

No. of OPD: 308

Cumulative for 2026-27: 5462

No. of IPD: 42

Cumulative for 2026-27: 921

Outreach

Free Clinic cum Awareness: 9
Cumulative for 2026-27: 102

No. of Beneficiaries: 382
Cumulative for 2026-27: 6329

No. of OPD/IPD

(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	158	2595
Lunglei	30	667
Siaha	29	630
Champhai	57	1286
Kolasib	19	396
Serchhip	12	151
Lawngtlai	28	313
Mamit	17	347

No. of Phone Call Attended

1. TeleMANAS: 100

Cumulative for 2026-27: 2579

2. ARDSI Mizoram Chapter: 7

Cumulative for 2026-27: 1854

TeleMANAS

Mizoram: 14416 (Toll Free)

MAIN STAKEHOLDER

ARDSI Mizoram Chapter

7005983633/9366191341

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh ANi

CYBERBULLYING LEHRILRUHRSELNA

- **DMHP Kolasib**

Cyberbullying chu online leh internet kaltlanga intihduhdahna, tum reng vanga tih nat te, tihmualpho tum leh tihhlauhthawn tumna te a kaw k a. Social media hrang hrang – facebook, whatsapp, instagram te mai bakah online games kan khelh atang te hian miin cyberbullying a taw k thei. Hetianga online hmanga tih anih avang leh mitin mai hian phone kan neih deuh vek tawh avang hian khawi hmunah pawh, engtik hunah pawh he ‘cyberbullying’ hi kan taw k thei a ni. Cyberbullying in mihringa nghawng a neih theih te kan hriat chuan kan inveng thei ang a, kan rilru hriselna kan hum thei dawn a ni.

Cyberbullying kan tih thenkhatte chu:

- Invauna leh in tawngkam na tak taka message thawn
- Thu thang (rumours) dik lo tak tak thehdarh
- Mi tihmualpho na tura thil post
- Mi thuruk an phalna lova post
- Fake account siama mahni nihna ni lo anga lan
- AI hmanga mi dangte tihduhdah
- Blackmail (thil beiseia vau)

Cyberbullying nghawng lanchhuah dan te

Miin online a tihduhdahna an tawhin hriat mai hi a har thin a. Thenkhatin an sawichhuah theih laiin thenkhat tan chuan mualphona leh zah ngawih ngawihna a ni thin a, sawi chhuah an harsat thin hle baw k. Midangte kan tanpui theih nan cyberbullying nghawng lanchhuah dan hrang

i) Emotional signs

- Mood inthlak thut thut
- Mahni inhmuh hniamna
- Notification leh message dawn hlau
- Lungawilohna, hlauhna, thinrimna leh rilru hrehawmna

ii) Behavioral change

- Online leh internet khawih nana hun hmang tam lutuk emaw a hma aia hmang tlem
- Thiante leh chhungte lak atanga inlak hranna
- Kan hun leh thil tawn tak tak te internet leh social media a pholan hreh

iii) Physical Symptoms

- Thiltih a rilru pe theilo
- Mut dan buai
- Ei leh in lama harsatna neih
- Chhan em em awm lova na neuh neuh neih

Heng a lanchhuah dan hrang hrangte hi rilru hrisel lohna dang – stress, depression leh anxiety te nen hriat pawlh a awl hle ang a, amaherawchu, heng an nuna danglamna lo awm te hi online a an chet dan te nen a inzawm thei em tih kan hmuh thiam chuan cyberbullying a ni nge ni lo kan hre thei dawn a ni.

Cyberbullying in rilru hriselnaa nghawng a neih theih te:

- i) Anxiety, stress, zamna leh rilru hrehawmna
- ii) Mahni inrintawkna tlachham, zahna, thlamuang lo
- iii) A thim zawnga thil thlir leh mahni insawselna
- iv) Mal ngawih ngawiha inhriatna leh thiante leh chhungte lak atanga inlak hranna
- v) Midangte ring thei lo
- vi) Rilru pik/ thawpik
- vii) Mahni intihnat duhna leh mahni nunna lak duhna

Mahni inven dan tur:

- i) Buaipui loh tur – Phuba lak tum emaw chhan let tum loh tur
- ii) Thil chhinchhiah – Fiahna dah that, screenshot leh voice record te dahthat
- iii) Kan rilru ti hrehawm thei thil a awm a nih chuan ‘mute’ emaw ‘block’ hreh loh tur, rilru hriselna a nghawng theih vangin
- iv) Kan thatna tur anih chuan kan dikna anih chuan report hreh loh tur

Kan khawvel changkang zelah hian mi tam takin cyberbullying avangin hrehawmna leh rilru hahna an tawk tawh a, an tawk mek zel bawk. Hei hian nasa takin rilru leh taksa hriselnaah nghawng a nei a, mi tam takin an tuar phah tawh a, nunna chan hial te pawh an awm. Keini leh midangte rilru hriselna vawn him nan social media kan hman dan kawngah te pawh kan fimkhur a pawimawh hle a. Kan rilru hriselna ngai pawimawh chungin online-a kan chetdan leh tawngdan te veng fimkhurin nunna hlu tak hi kan tawngkam khatah nasa takin a innghat tih hria in, heng harsatna ‘cyberbullying’ tawk mek kan awm a, hmelhriat kan nei a nih chuan tanpuitu leh tanpuina kawhhamuh tu nih tum zel ang u.

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 an nei thin a. Tunkar chhungin, Siaha, Serchhip leh Lawngtlai District ten Awareness leh Free Clinic an nei 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 thil tih dan a 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 SERCHHIP



DMHP LAWNGTLAI

NPPCD chungchanglehbeng lama
harsatnanei, hrechiangduhtan District
Hospital, ENT Dept OPD ah
zawhfiahtheihreng a ni

Thurawnpekemawhriatbelhduhneichuan
a hnuia mail ah hian dah
nise mizmentalhp@gmail.com

Rilulamaharsatnaneilehhriatbelhduh
neikanawmchuan
TeleMANAS Call theihna
14416, 180008914416