



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/142

Aizawl, the 17th July, 2026

10th – 16th July, 2026

No. of OPD: 276

Cumulative for 2026-27: 4874

No. of IPD: 67

Cumulative for 2026-27: 835

Outreach

Free Clinic cum Awareness: 3

Cumulative for 2026-27: 76

No. of Beneficiaries: 229

Cumulative for 2026-27: 5133

No. of OPD/IPD

(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	144	2310
Lunglei	34	596
Siaha	16	577
Champhai	74	1154
Kolasib	20	364
Serchhip	13	131
Lawngtlai	21	268
Mamit	22	311

No. of Phone Call Attended

1. **TeleMANAS: 110**

Cumulative for 2026-27: 2294

2. **ARDSI Mizoram Chapter: 9**

Cumulative for 2026-27: 1842

TeleMANAS

Mizoram: 14416 (Toll Free)

MAIN STAKEHOLDER

ARDSI Mizoram Chapter

7005983633/9366191341

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

RUIHHLO LEH A NGHAWNG

DMHP Mamit

Ruihhlo chu eng nge ni?

Eng bawlhlo pawh eng ti kawng pawha kan taksa chhunga kan lakluha min ti danglam thei tawh phawt chu ruihhlo a ni.

- Perception – Thil thlir dan
- Mood – Rilru sukthlek
- Cognition – Hriatthiamna
- Behaviour – Nunphung
- Motor functions – Taksa khawl hnathawh

Ngawlveina/Addiction chu eng nge?

- Ngawlveina/addiction hi natna a ni
- Lan chhuah dan a nei
- Enkawh theih a ni
- A dam hlei thei lo
- Lang nawn fo thei a ni
- Inven theih a ni
- Rilru hriselna a khawih chhia
- Mahni inngaihlutna a ti chhia
- Mahni intihhlum duhna a thlen
- Thihna a thlen fo

Ngawlvei tehna (WHO-ICD 10)

Mi tu pawh ruihhlo ngawlvei ni tur chuan a hnuiaia tehna paruk zinga pathum aia tlem lo hi a hma kum khat kalta chhungin amahah a lang chhuak tur a ni:

1. Tolerance: Ruihhlo hnathawh a taksain ngaiah a nei a, a ngaithei tial tial a, a dose a lo sang chho tial tial.
2. Withdrawal: A taksain ruihhlo hnathawh ngaihah a neih tawh avangin, ruihhlo hnathawh tel lovin a buai zawk tawh thin.
3. Impaired control: Mahnia inthunun theihna leh a duhthlanna a hloh tial tial.
4. Preoccupation: A rilruah thil dang a leng tawh lo va, ruihhlo ngawtin a rilru a luah tawh a, lungkham berah a nei tawh.
5. Continued use despite harm: Ruihhlo avanga nghawng tha lo chi hrang hrang (Taksa, rilru, Chhungkua, eizawna leh dan bawhchhiatna) pawisa lovin a tih chhunzawm zel.
6. Craving: Ruihhlo hrim hrim thlakhlelhna leh chak huam huamna a lo nei tawh.

Ruihhlo tih chhan

- Tem chhin chak
- Thiante tih ang tih
- A awm tam vang
- Lungngaih, hlim leh lawm
- Inthenna leh inlaichinna keh chhia
- Helna
- Anxiety leh Depression

Ruihhlo nghawng tha lo

- Taksaah – Thisen zam vih chhiat, kutke vung leh tan ngai, vun thi tawih bel ngai, taksa pem, pun
- leh pan, HIV leh STI natna chi hrang hrang, Hepatitis B leh C te
- Rilru lamah – Inkiltawihna, tling lo leh tlak lo bik nia inngaihna, mahni insitna, mahni
- inkhawngaihna, rilru beidawna, lungngaihna, thawpikna leh rilru natna
- Chhungkua/Khawtlang/Kohhranah – Mawhphurhna leh pawimawhna a tlahniam tial tial.
- Eizawna– Lakluh a tlahniam a, leiba a pung thung
- Dan kalha chetna – Rukruk leh dan kalha chetna

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, Lunglei leh Siaha 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.



DMHJP LUNGLEI



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

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