



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/140

Aizawl, the 3rd July, 2026

25th June – 2nd July, 2026

No. of OPD: 343
Cumulative for 2026-27: 4278

No. of IPD: 51
Cumulative for 2026-27: 707

Outreach

Free Clinic cum Awareness: 3
Cumulative for 2026-27: 72

No. of Beneficiaries: 420
Cumulative for 2026-27: 4729

No. of OPD/IPD
(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	148	2166
Lunglei	20	562
Siaha	6	561
Champhai	78	1080
Kolasib	72	344
Serchhip	11	118
Lawngtlai	36	247
Mamit	23	290

No. of Phone Call Attended

1. **TeleMANAS: 162**

Cumulative for 2026-27: 1985

2. **ARDSI Mizoram Chapter: 7**

Cumulative for 2026-27: 1830

TeleMANAS
Mizoram: 14416 (Toll Free)

MAIN STAKEHOLDER
ARDSI Mizoram Chapter
7005983633/9366191341

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

INTELLECTUAL DISABILITY (ID)

DMHP Lunglei

Intellectual Disability kan tih hi rilru/ngaihtuahna mahni kum mila hman theih loh emaw hman theih lohna a ni. Rilru kan sawia a kawh tlangpui te chu- ngaihtuahna (thinking), duhthlan theihna (decision making), thil dawnawn dan (perception), suangtuahna (imagination), thil chhut theihna (Calculation) te hi an ni a. Heng kawngah te hian mihringin a kum mil leh beisei ang a hman a harsat chuan Intellectual Disability (ID) an nei kan ti thin a ni. Heng rilru hmanna kawng hrang hrang kan sawi bakah hian dinhmun a zira han inthlak leh insiam rem zung zungte an harsat a, mahni intihfai kawngah te, zirna, eizawnna leh chhungkaw din thlengin harsatna an nei thin a ni. ID nei te hian heng kawngah te hian hmasawnna an nei mawh hle, mithiam te chuan an thlen san berah kum 12 rilru pu thei tur angin sawi thin a ni a, kum 12 rilru/ ngaihtuahna ang pawh a tam zawk chuan an han pu pha vek lo a ni. Intellectual Disability (ID) kan tih hi tun hma chuan Mental Retardation (MR) tih hman thin a ni, mizo tawng chuan rilru lama rualbanlo tiin kan sawi tlangpui thin.

ID awm chhan leh hriatchuah dan

Rilru lama rualbanlohna hi chhan hrang hrang vangin a awm thei a, a chhan han sawi fak erawh a harsa hle thin. Inthlahchhawn theih a ni a, naupai laia nu in ruihhloah a inhnawnawih leh damdawi a taksa tana hlauhawm tur ei nasat avang te hian nu leh naute tan a hlauhawm thei a, nautein boruak a mamawh tur a dawn loh vangin a awm thei a. Tin, nau pian laiin harsatna chi hrang hrang thleng thei a ni a, naute hip chhuah te, naute buk zang lutuk, thla kim lova piang kan tih te leh chhan hrang hrang avangin a awm thei a ni.

Naute a than tur ang a a than that loh emaw a hnufual chuan entir vat tur a ni. Kan hriatreng tur chu mi zirnaa chaklo te, thiltih a zeilo bik leh hnufual emaw tihdan tur thiam thei miahlo te hi ID kan ti ngawt thei lova, an ngaihtuahna hman thiamna (Intelligence Quotient-IQ) test phawt a ngai thin a ni. Midang phak lohna deuh an lo neih pawhin thil dangah chuan ngaihtuahna seng zung zung thei mi te pawh an ni thei a, mahniah ngaihda leh thutlukna siam ngawt chi a nih loh avangin Psychological Assessment atang hian an dinhmun tihchian a ni thin a ni. He assessment hmang hian an harsatna nasat dan a zirin hlawm hrang hrang a then an ni a, chumi atang chuan enkawltute pawhin beisei chin turte leh enkawl dan thlengin a hriat theih chauh thin a ni.

Engtia enkawl tur nge?

Intellectual Disability hi damdawi hmanga enkawl dam theih a ni lo a, a damna ai chuan nitin mamawhna leh tihtur tul zualpui te an lo tih ve theih nan a inzirtirna pek hi a ni. In enkawlna hi an mamawhna zawn zel atanga kalpui thin a ni- Psychological Therapy, Occupational Therapy, Physiotherapy, Speech Language Communication Therapy, Special Education leh Vocational Training te pek thin an ni. Chutih rual chuan taksa chak lohna leh dam lohna hrang hrang bakah an che zia leh nung changah damdawi thiam mi atangin enkawlna an dawng thei a ni. Hemi tur hian hriatchhuah hma a pawimawh hle. Harsatna kan hriatchhuah hma chuan enkawlna pek kawngah hmalak vat a theih dawn a, in enkawl hma chuan hmasawwna kawngah kawng tam takin kawngro a su hle dawn a ni. An nungchang leh chet zia kawngah te, faina leh ei leh in kawngah te zirtirna pek a pawimawh hle a, zirna lamah pawh hna rilru sen tam ngaihna an thawk thei lo, mahse an in tundinna tur eizawwna an theihna hmangin ziritr theih an ni.

Heng harsatna neite hi nuihzat te, bawl te leh chhaih nawmnah lovin kan inchhungah, khawtlang leh kohhranah te hriatthiamna nen an theihna te haichhuah sak a, hlim taka an nun an hman hi mitin mawhpurhna a ni tih i hre thar theuh ang u.

AWARENESS LEH FREE CLINIC

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



DMHP LAWNGTLAI

*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 hnuiaia 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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