



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/147

Aizawl, the 21st August, 2026

14th - 20th Aug, 2026

No. of OPD: 269

Cumulative for 2026-27: 6440

No. of IPD: 43

Cumulative for 2026-27: 1061

Outreach

Free Clinic cum Awareness: 5
Cumulative for 2026-27: 125

No. of Beneficiaries: 370
Cumulative for 2026-27: 7748

No. of OPD/IPD

(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	157	3062
Lunglei	33	806
Siaha	24	798
Champhai	49	1449
Kolasib	16	457
Serchhip	5	178
Lawngtlai	16	369
Mamit	12	384

No. of Phone Call Attended

1. TeleMANAS: 150

Cumulative for 2026-27: 3067

2. ARDSI Mizoram Chapter: 7

Cumulative for 2026-27: 135

TeleMANAS

Mizoram: 14416 (Toll Free)

**MAIN STAKEHOLDER
ARDSI Mizoram Chapter
7005983633/9366191341**

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

RILRU LAMA DAMLOHNA NEITE TANA FOLLOW-UP

PAWIMAWHNA

DMHP LAWNGTLAI

Rilru lama damlohna neite hi an ngaihtuahna te, rilru, nungchang, midangte nena inlaichinna leh an nitin hun hmandan a khawih buai nasa thin a. Enkawlna an dawn hnua an dinhmun a ziaawm hian enkawl chhunzawm zel an la ngai a, mumal taka Follow-up neih chhunzawm hian an damna kawngah kawng ro a su nasa em em a. Damlo enkawl na chungchangah hian Follow up hi rahbi pawimawh tak pakhata ni..

1. Damlote enkawl na kal zel dan enfiah (Monitoring treatment progress):

Follow-up hian Mental health professional ten damlo an enkawl na kawngah hian treatment a thawk tha em tih an chhui zui a. Tin, damlo rilru (mood), nungchang (behaviour) leh mutdan ah te inthlak danglam a awm leh awmlah an enfiah a. Damlo Treatment in hna a thawk tha em tih enfiah a nih hnua, thlak danglam ngai a awmanih chuan Treatment thlak thin a ni.

2. Damdawi ei dan en chhunzawm (Monitoring medication):

Psychiatric damdawi ei mekte hi en chhunzawm pui reng an ngai a. Achhan chu, heng damdawite hian side effect a siam thei a churang chuan damdawi an ei tha em tih hriatpui a, an damdawi ei in hma a sawn tir em tihte enpui a, dose thlak ngai a awm em tihte vilpui reng an ngai a ni.

3. Natna lo lang leh tur venna (Preventing relapse):

Rilru natna/ damlohna neite enkawl chhung hian hma an sawn rualin an natna rawn lanchhuah hun a awm leh thei a. Chu natna a nasat (severe) hma in Follow-up neih that hian damlo buai nasa tur a ven bakah an natna hma takah an hriatchhuah phah theih thin a ni.

4. Providing emotional and social support:

Follow-up hian damdawi a enkawl ringawt kha a tum a nilo a. Damlote mimal, chhungkua, zirna, hnathawh leh an nitin eizawna lama harsatna an hmachhawn thiam theihna tura tanpuina pek a huam tel a. Chumi tur chuan Mental health professionals ten counselling, psycho-education, harsatna hmachhawn dan (coping strategies) te an zirtir a, an mamawh dan a zir a referral neih thin a ni.

5. Damlo enkawltute mawhpurhna (Role of family and caregivers):

Menta healthcare ah hian damlo enkawltute hian damlote damna kawngah hian mawhpurhna lian tak an nei a. An inenkawlna kawngah danglamna a awm em tihte chik tak a thli tlai tu tur anni a, churang chuan an mawhpurhna an chian theih nan, an enkawlna kawngah zirtirna pek an ngai a ni.

6. Treatment plan siam thatna

An mamawhna a zirin counselling emaw treatment plan emaw chu siam that leh tih danglam theih a ni.

7. Quality of life tih hmasawna

Follow-up kalpui zêl chuan an nitin nun, zirna/hnathawh, inlaichinna leh overall wellbeing tih hmasawn nan leh nei thei turin a tanpui.

8. Coping skills tihchakna

Stress, anxiety leh rilru lama hsarsatna hrang hrangte te hmachhawn dan sawi ho leh thiamna thar zirpui theih a ni.

Follow-up ngaihpawimawh tir hi thil tul tak a ni a. Follow-up hian damlote enkawl kal zel dante, damdawi an eidan leh a hnathawh dan enfiahte, natna rawn langchhuak leh tur laka invenna te, a hma thei ang ber a natna lo hmuhchhuah te leh damlote rilru leh an nunphung hma an sawn theihnan a pui a ni. Follow-up neih thin hian damlote pawn treatment ngaihpawimawh nachang an hriat phah fo thin. Churang chuan rilru lam damlohna hi chu vawikhat chauh inentir a duh tawh chi niloin in enkawl chhonzawm zel a pawimawh zia a ti lang a ni.

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 an nei thin a. Tunkar chhungin Lunglei, Serchhip, Lawangtlai leh Mamit 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 LUNGLEI



DMHP SERCCHHIP



DMHP LAWNGTLAI



DMHP MAMIT

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

Thurawnpekemawhriatbelhduhneichuan
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Rilrulamaharsatnaneilehriatbelhduh
neikanawmchuan
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