



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/144

Aizawl, the 6th August, 2026

31st July – 6th Aug, 2026

No. of OPD: 319

Cumulative for 2026-27: 5781

No. of IPD: 34

Cumulative for 2026-27: 955

Outreach

Free Clinic cum Awareness: 14
Cumulative for 2026-27: 116

No. of Beneficiaries: 744
Cumulative for 2026-27: 7073

No. of OPD/IPD

(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	169	2764
Lunglei	54	721
Siaha	12	642
Champhai	51	1337
Kolasib	23	419
Serchhip	13	164
Lawngtlai	17	330
Mamit	14	361

No. of Phone Call Attended

1. TeleMANAS: 146

Cumulative for 2026-27: 2725

2. ARDSI Mizoram Chapter: 8

Cumulative for 2026-27: 126

TeleMANAS

Mizoram: 14416 (Toll Free)

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

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

RILRU HRISELNA LEH SUMDAWNNNA (CORPORATE) KHAWVEL

- **DMHP Aizawl**

Sumdawnna (Corporate system), khawvel zau zawk nena inthlunzawmna leh hnathawhna kara rilru hriselna sawi hmain enge hriselna tih leh rilru hriselna awmzia te hi hriat hmasak phawt a tha awm e, chu chuan keimahni inhriatchianna kawngah min puih theih bakah midangte nena kan inlaichinna kawngah min pui thei dawn a ni.

Corporate khawvela thawhhona tha leh rilru dik nei thei tur chuan inpuh tawmna thate, thil tih tur leh tih dan in hrilhhriatte, harhvanna te, midang kaihruaitu nih thiam te leh a pawimawh ber tanho thiamna neih hi a tul hle a ni. ‘Work smart not hard’ tih an sawi kan hre fo thin ang, heihi eng ang chiaha dik nge ni ang? Kan hnathawh a zir emaw kan thawh dan kalphung a zir te pawh a ni thei awm e, a chhan chu kan hnathawhna hmun in a zir loh chang te pawh a awm ve thei a, entirnan kum upa lam tawh hnathawktu kha social media leh tunlai khawl thil thar ber ber hmanga sumdawnna thil midang hriat tura inphochhuak tur leh sawizaunna nei turin hrilh a pawimawh a ni.

Social media leh tunlai khawl thil hmang thiam loh a nihna chu a tan phurrit leh manganna nasa tak ni thei a, chumi chuan chi-aina leh hnathawh hreawm tih theih hial khawpa buaina leh harsatna thlenin, nun nuam tih lohnate, hna bansan mai duhna leh mahni intihhlum duh hialna rilru a neih tir thei a ni. Amaherawhchu, vanneih thlak takin a hnathawhna hmunah leh in lamah buaipuitu, dawmkangtu leh ngaihaktu tha tak tak a neih hlah avangin a harsatna chu zawi muangin hmachhawn dan a zir a, bahlah leh harsatna em em nei lovin a hna chu a chhunzawm leh thei a ni. Chuvang chuan hnathawhna hmuna thawhhona tha leh hna thawhdan fing leh zangkhai zawk kan nei duh a nih chuan hnathawhna hmuna rilru hahna leh chiahna awm lova, hnathawktuten an him a ni tih an hriat a, midang thil tih kan hriatthiam saka kan hlutsak thiam a tul hle a ni.

Kan hnathawhna hmuna inelna a nasat a, theihtawp kan chhuah chhung pawha hnathawh a sak tlat chang a awm thin a nih pawhin hnathawktute chuan tha tak leh fing takin hna an thawh a tul a. Hnathawh tur thlan kawngah pawh ngunthluk tak leh uluk taka ngaihtuah chungin an tum tak thleng thei turin hma an lak thiam a tul bawh a ni. Kan duh ang leh tum ang lova thil a lo awm palh a nih pawhin, phurrit, min tihnualtu leh hlawkna nei lo anga innngaih ringawt lo tur a ni tih kan hriat thar leh a tul a ni.

Thawhhona thenkhatah chuan hlawkna hi midang kan thawhpui thiam dan hian nasa takin a hril a, amaherawhchu, hemi a nih avang hian mipuite/thawhpuite hnenah pawisa kan sem tur emaw tihna a ni lova, kan thawhrah atanga kan hmuh atang chuan hamthatna emaw hlawkna chu a thawktute hnenah leh mipui te hman theih dan tura kan semzai thiam a, mitin in hlawkna kan tela chanvo kan neih theuh hi a pawimawh hle a ni. Entirman, kan hnathawnaa kan kalphung, hmanrua/bungrua neih te leh kan thawh dan kalhmang. Health sector a ambulance kan neih dan te, vantlang thut hahchawlhna te leh kualzinte tan hmun kan buatsaih dante hi “Corporate Social Responsibilities” tih ni thin mahse a nihna taka chuan mipuite hamthatna tur leh hman tangkai tur ai mahin min dawr tu tur an tam theih nana dan leh hrai kan zam chawp mai a ang thin hle a ni.

Hnathawktute rilru leh phak tawh chin hriat leh an mawhpurhna sem kual te, an hnathawh dan te, thawktute chu an hnathawhah an lungawi em tih leh an thawhchhuah leh an thlenchin hriatpui leh enfel chu hrulaitu mawhpurhna an ni a. Tin, hrulaitu chuan hnathawktute chu midang entawn tlak leh rintlak an nih ngei theihna turin an huih thiam a, midang pawhin an hnathawh that hlutpui lel faktlak ni tura thawh turin a fuih thin tur a ni. Thawktu hrang hrang hnathawh inhriatpui tawn hi ngaihthah a ni tlangpui a, midangin eng hna nge an thawh a eng nge an tih kan inhriatpui zel hi a tul hle a. Chutiang a kan hnathawh kan inhriatpuitawn zel theih chuan thawkturawn kal thei lo an awm palh a nih pawhin an hnathawh chu midangin lo thawhchhunzawm zel thei tura kan inhriatpui leh kan in peizawn tawn dial dial thiam a tul hle bawh a. Hna pangngai taka a kal zel theih nan leh min dawrtute tan pawha hna khailak leh nghah reng ngai lova kan tih chhunzawm sak zel theih hi a tul hle bawh a ni.

Sumdawnna khawvel a thawh hote chu chhungkua ang kan ni a, thawktu hrang hrang chuan kan hma zawn a kan tih tur theuh a lian emaw a te maw thahnem ngai taka kan thawh a, midang hrethiam chung leh inlungual taka kan thawh chuan pawl chak leh hrisel, thawhhona tha kan lo nei dawn 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, Champhai, Kolasib, Lawngtlai 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 KOLASIB



DMHP CHAMPHAI



DMHP LAWNGTLAI



DMHP MAMIT

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

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

Rilrulamaharsatnaneilehhriatbelhduh
neikanawmchuan
TeleMANAS call theihna
14416, 180008914416

Published by
National Mental Health Programme
Govt. of Mizoram