



National Mental Health Programme Mizoram Weekly Bulletin



NMHP-Mz/2026/146

Aizawl, the 14th August, 2026

7th – 13th Aug, 2026

No. of OPD: 390

Cumulative for 2026-27: 6171

No. of IPD: 63

Cumulative for 2026-27: 1018

Outreach

Free Clinic cum Awareness: 4
Cumulative for 2026-27: 120

No. of Beneficiaries: 305
Cumulative for 2026-27: 7378

No. of OPD/IPD

(Including Psychiatry Dept)

District	No. of Patients	Cum FY 2026-27
Aizawl	141	2905
Lunglei	52	773
Siaha	132	774
Champhai	63	1400
Kolasib	22	441
Serchhip	9	173
Lawngtlai	23	353
Mamit	11	372

No. of Phone Call Attended

1. TeleMANAS: 192

Cumulative for 2026-27: 2917

2. ARDSI Mizoram Chapter: 2

Cumulative for 2026-27: 128

TeleMANAS

Mizoram: 14416 (Toll Free)

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

Rilru Hriselna Hi Taksa Hriselna Ang Bawkin A Pawimawh A Ni

RILRU HRISEL NEIH DAN

DMHP, Siaha

Khawvela hriselna lama pawl lian ber World Health Organization (WHO)-in rilru hrisel a sawi fiah dan chuan, 'mi rilru hrisel kan tih chuan ama theihna leh chak lohnate a hre chiang a, a nitin nuna harsatna lo thleng thinte a dawngsawng thiam a, a hun leh nun tangkai taka hmangin khawtlang leh chhunkaw tan mal sawmna a ni thin a ni' a ti a ni.

Khawvela mihring awm zawng zawng zaa 21%-te hi rilru lama harsatna natna eng emaw ber vei anga ngaih kan ni, WHO chuan mihring pali-a pakhat zel hian rilru lama natna hi vei angin a chhut a ni. Mihring kum 30–49 inkarte zingah a hluar ber a, mipa aiin hmeichhia in rilru lama natna hi an nei tam zawk baw a ni. Siaha district-ah ngei pawh hian thalai ruih hlo avanga harsatna neite tih lohah chuan nu valai kan tihte zingah rilru lam harsatna hi a hluar ber a ni. Heti khawpa rilru lama natna a hluar lai hian a natna nei za-a 90% chauh in enkawl na mumal hi India ramah chuan an dawng a, hei hi a chhan bulpui ber nia an hmuh chhuah chu rilru lam natna chungchang kan hriat tawh loh vang te, a natna veite leh an chhungte kan hmuh dan dik tawh lo leh kan hmuhsit thin vangte a ni.

Hmeichhia, a bik takin nuho zinga rilru lama natna langsar zual deuh deuh te lo sawi thuak thuak dawn ila:

Depression: Rilru nguina emaw beidawna kan tih hi hmeichhiate zinga rilru natna hluar ber a ni a, hmeichhia rilru lam natna nei za-a 41%-in an vei anga ngaih a ni. A lan chhuah dan chi thum pawimawh em em a awm a, chungte chu; beisei bona, tu tan maha hlu lo-a inhriat tlatnate leh tu mahin a tanpui thei lo tura inngaihna ngaih dan nghet tak sawh sawntir theih miah lohnate hi an ni.

Anxiety disorder: Hlauhthawna emaw thil tha lo anmahni emaw, an chhungte emaw chung a thleng tura rinna nghet tak neite hi Anxiety nei kan tihte chu an ni. Nu valai fa 2-3 nei tawhte zingah a hluar em em a, a lan chhuah dan chi hrang hrang a awm baw a ni.

Somatoform disorders: Hetiang ang natna nei te chuan an taksa peng hrang hrang ah insawiselna an nei reng a, doctor an inentir a, test hrang hrang an tih hnu-ah pawh an taksa a natna tak hmuh chhuah tur awm chuang si lo; mahse, insawisel bansan thei chuang lo-a doctor hrang hrang rawn kual thinte hi an ni. Hetiang natna hi Siaha district chhungah ngei pawh hian hmuh tur hrang hrang kan nei a ni.

Rilru hriselna neih theih dan kawng hrang hrangte:

- **Ei leh in tha:** Chaw tha leh inchawih mawi (thlai, thei leh sa) tawh ei hian kan taksa chauh ni lo-in kan rilru pawh a nghawng tih mi thiam zawkten an hmu chhuak a, chaw tha lo ei hian depression leh anxiety kan tihte khi a thlen thei bawh a ni.
- **Taksa insawizawi that:** Thlan tla khawpa kan insawizawi hian mihringa hlim veng vengna leh nuam tihna thlentu ‘endorphin’ a siam chhuah mai bakah taksa insawizawi that hian mut a tih tui bak ah kan hriat rengna te a ti tha bawh a ni.
- **Mahni inrin tawhna tih pun:** hei hian keimahni kan inhmuh hniamna turte leh kan that lohna lai kan ngaihtuah lutuk turte a veng thei a ni. Mahni inhmuhnam thin mihring te chuan hmangaih te, hlim te leh hlawhtlin te hi phu lo in an inhre tlat a, chu chuan rilru lama harsatna hrang hrang an vei theih na a tisang leh zual ani
- **Chawh hahdam:** Hmeichhia, a bik takin nute phei chuan buai leh rilru hah reng rengin an hun tam zawk an hmang thin a, hei hian nasa takin an taksa mai bakah an rilru nasa takin a nghawng khawlo a, rilru lama harsatna chi hrang hrangte an neihna a ti sang bik a ni. Hemi avang hian buai tak karah pawh kan chawh hahdam thiam kan duh zawnga hun hmanna hun te kan insiam ve thin tur a ni. Fate school chawh laia chhungkuaa zin khawthawn te hi i uar sauh sauh ang u. zin khawthawn hian rilru nasa takin a ti hahdam thei a ni.
- **Inkungaihna tha siam/neih:** Kan chhung te, than te, thawhpuite leh mi dangte nena inlaichinna tha tak neih hian nasa takin rilru lama harsatna kan neih tur lakah min veng thei a ni.
- **Kan rilru hahna leh natna te mi dang hrilh chhawn:** Mi thiamte chuan rilru lama harsatna zawng zawng za-a 90% vel zet hi chu sawi chhuah maia tha thei a ni an ti a ni. Kan mi rin zawng takte hnena kan rilru hahna/natna emaw, kan rilru nawm lohna te, kan hlauhthawnnate kan sawi chhuah hian nasa takin rilru a ti thawveng thei a, kan rilru a kan vei zawng te sawi lo-a up beh hian rilru lama natna chi hrang hrang a thlen thei zawk a ni. Christian, mi dangte tana mal sawmna kan nih theih nan leh, kan thiante leh mi dangin an harsatna te min hrilh ngam nan midang chanchin a thalo zawng leh rel zawnga sawi thin te hi i ching lo ang u.

Rilru lama harsatna nei inentir duhte chuan eng tik lai pawhin district hrang hranga District Hospital-a District Mental Health Clinic-ah te mithiam rawn tur an awm reng a. Kan khua a sik a, kan pum a na a doctor rawn kan hreh lo ang chiah hian rilru lama harsatna hi natna chi khat enkawlina tha tak awm, a rang lama mi thiam zawkte rawn a tha thei a ni tih hriain mi thiam zawkte rawna inentir hi i zak lo 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 an nei thin a. Tunkar chhungin Siaha, Champhai leh Serchhip 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



DHMP CHAMPHAI



DMHP SERCHHIP

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

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

Rilrulamaharsatnaneilehriatbelhduh
neikanawmchuan
TeleMANAS call theihna
14416, 180008914416