



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/150

Aizawl, the 11th September, 2026

3rd – 10th Sept, 2026

No. of OPD : 406
Cumulative for 202-27: 6725

No. of IPD : 19
Cumulative for 2026-27: 1089

Outreach

Free Clinic cum Awareness : 11
Cumulative for 2025-26: 145

No. of Beneficiaries : 990
Cumulative for 2025-26: 10699

No. of OPD/IPD

(Including Psychiatry Dept.)

District	No. of Patients	Cum FY 2025-26
Aizawl	127	3208
Lunglei	11	843
Siaha	87	817
Champhai	122	1505
Kolasib	18	475
Serchhip	6	190
Lawngtlai	36	383
Mamit	18	395

No. of Phone Call Attended

TeleMANAS : 147
Cumulative for 2025-26: 3370

TeleMANAS Mizoram:
14416 (Toll Free)

MAIN STAKEHOLDER
ARDSI Mizoram Chapter
7005983633 / 9366191341

Rilruhriselna hi taksahriselna ang bawkin a pawimawh a ni

OVERTHINKING

- DMHP Mamit

OVERTHINKING CHU ENG NGE?

Chawl lova mihring suangtuahna chhunga ngaihndan hrisel lo, tangkai lo inlum let kual vel hi a ni. Lungkham luat hian, mihring nun a ti chawl lova, a ti chauva, enkawl loh chuan *anxiety*, *depression* leh *insomnia* te hial a neih phah thei a ni. Mihring thluak hi a ropui em em rualin a neitu zawk bei let zawnga a thawh erawh chuan enkawl ngai tihna a ni.

OVERTHINKING NGHAWNGTE

- Thluak (Brain):** Lungkham luata kan awm reng chuan *stress* a siam a, *stress* chaun *hormone* pakhat *corisol level* ti sangin thluak hnathawh a tibuai thin.
- Lung (Heart):** Lungkham luat chuan *cardiovascular* lam harsatna hrang hrang awm bawr na, thinphu rang, lu na/haite a siam thei a, *blood pressure* ti sang theiin lung hnathawh a ti muang a, lung lam harsatna a thlen thei.
- Taksa raldotu (immune system):** Lungkham luat hian *stress hormone* pakhat *corticosteroid* a ti chhuak a, kan taksa raldotu khawl hnathawh a ti buai thin. *Immune system* a chak loh chuan natna hrang hrang kai a awl bik.

LUNGKHAMNA CHI HNIH

- Lungkhamna hrisel (Healthy Thinking):** Thutlukna siam hmaa ngaihtuahna senga thil hrang hranga rilru len tir vel hi chu thil nih phung pangngai ve reng a ni a, a tangkai hle. Chu chu kan thil tum leh ninphung felfai tak kan neih theihna tura hmanraw tangkai tak a ni.
- Lungkhamna hrisel lo (Overthinking):** Kan nun leh hma huna thu tangkai tur ni si lo, thil ngaihtuahna rilru kal kual vel hi a ni a, mihring tan a hlauhawm em em tih hriat a tha.

ENKAWL DAN (TREATMENT)

- a) I suangtuahna a kal kual lai khan engnge I dinhmun tak, I lo dawnsawn dan kha ngun takin lo zir chiang vat ang che.
- b) Hei hi ka tan a tangkai em? tih in zawt fo rawh
- c) I suangtuahna a thil hrang hrang awm thin atang khan thu mumal awmze nei tak siam chhuah tum rawh.
- d) Kan hma hun hi kan hre lawk thei lova, kan hun kal tawh kan thlak danlam thei hek lo. Tun hun chauh hi kan kuta awm tih hriat thar fo a pawimawh.
- e) Thil kal soal theite ngaihtuah vak lovin, thil tih theih leh a tha lama kal theite ngaihtuah thin tur.
- f) Hlauhna hian lungkham luatna a thlen thin avangin thil tha lo lam hlir I ngaihtuah chuan rilru a mang awl hle.
- g) Thil tangkai lo ngaihtuah vak vakna hun insiam hman lo khawpin I tui zawng ti thin rawh.
- h) Tumah mi tha famkim (*perfect*) kan awm lova, nangpawh I tha famkim dawn lo tih inhria la, I thiltih leh suangtuahnaah that famkim tum suh.
- i) *Thought stopping technique*: Ngaihtuahna a kal kual lai hian harh thut a, tawp rawh (**Stop**) kan intih thut hian kan rilru kal ding lai a tibuai a a tangkai hle a ni, a tak tak a ni lo tih inhrilh fo tur a ni.
- j) I suangtuahna khawvel kha a lem a ni a, a tak tak a ni lo tih inhrilh fo tur.
- k) *Mindfulness meditation* hi a tha hle a, *Youtube* lamah en tur a awm (**Jacobsons Relaxation Therapy**)

OBSERVATION OF WORLD SUICIDE PREVENTION DAY

Ni 10 September, 2025 (Ningani) chawhnu dar 1 p.m khan Mizoram State Legal Services Authority leh National Mental Health Programme (DMHP Aizawl) te buatsaihin Chanmari Y.M.A Hall-ah '*World Suicide Prevention Day*' hman a ni a. He hunah hian Hon'ble Justice Nelson Sailo, Judge, Gauhati High Court & Executive Chairman, Mizoram SLISA chu Khuallian niin, Pu Kaushik Goswami, Judge, Gauhati High Court chu Khualzahawm a ni.

Dr. Robert L. Khawlhing, State Nodal Officer, National Mental Health Programme-in kalkhawmte lawmna thu a sawi zawhah Pi Angela Zothanpuii, Director School Education Department chuan mahni intihhlum laka invenna leh a dona kawnga hmalak pawimawh zia zirlai kalkhawmte a hrilh a ni.

Hemi hnu hian Dr. Lalchhuanawma, Mission Director, National Health Mission in thu sawiin, "Mizorama intihhlumna thleng thin hi ngaihthah thianga ni lo va, a tu ate pawh mai hian, kan chhehvelah beng kan chhit a, mit kan len reng a hun tawh a ni. Tin, Mental Health Programme hnuaia *TeleMANAS, Mizoram Cell* kaltlangin phone number *14416(Toll Free)* ah hian englai pawha biak theih reng an ni," a ti. Kual Zahawm Pu Kaushik Goswami, Judge, Gauhati High Court pawhin zirlaite tan fuihna thu tha tak tak sawiin zirlaite chu mahni intihhlum dona leh a venna thutiam a sawi rual tir bawk a ni.

He huna thusawitu Khuallian Pu Nelson Sailo, Pu Nelson Sailo, Judge, Gauhati High Court chuan, mahni intihhlum duhna hluar chho mek hring chhuaktu thil hrang hrangte tarlangin chung thil zinga langsar ber pakhat chu ruihhlo a nih thu a sawiin ruihhlo laka fihlim pawimawhna uar takin a tarlang bawk. Pu Nelson Sailo chuan, "Mahni intihhlumna lakah hian keimahni kan filhim pawh a ni thei. Mahse, kan bula awm, kan chenpuite emaw, kan thian leh lam hlaa awm pawh ni se, an chetzia leh khawsak phungah danglamna a awm em tih kan thlithlai ngun a pawimawh. Tin, hetiang thil kan nunah a thlen loh nan kan rilru suk thlekte a eng zawnga kan her rema, kan harsatna tawhte hnehtu ni thei tura kan intih chhel a ngai a ni" a ti.



SPEECH COMPETITION

World Suicide Prevention Day thupui “Changing The Narrative On Suicide” hmangin Aizawl huam chhung High School leh Higher Secondary School 19 leh College 6 atangin zirlai an kal tha hle a. School level leh College level-in zirlaite tan hian thupui awmsa hrang hrang hmangin “Speech Competition” buatsaih a ni.

School level:

1st Position: Emmanuel Lalhlimpuii, Staines Memorial School

2nd Position: Hannah Malsawmkimi, CLS Academy

3rd Position: Lalngaihawmi, Providence Higher Secondary School



1st Position



2nd Position



3rd Position

College level:

1st Position: Zorinpuii, Govt. Aizawl College

2nd Position: Lalruatsanga, MCON

3rd Position: Lalnunpuii, Aizawl West College



1st Position



2nd Position



3rd Position

District hrang hrangah World Suicide Prevention Day

September 6-12, 2026 hi Suicide Prevention Week atana hman a ni a. Tunkar chhungin Lunglei, Champhai, Siaha mahni intihhlum laka invenna chungchanga inzirtirna te, mahni intihhlum tumna avanga harsatna tawkte tanpuina leh chhawmdawlina te, rilru hriselna chungchanga harsatna awm thei tih ziaawmna tur hmalak leh tih hmasawn nana hman a ni a. Hemi pual hian tunkar chhung hian NMHP hnuaia District hrang hrangte chu School, College leh Kohhranah te mahni intihhlum chungchanga a inven dan kawng hrang hrang, warning signs te, mitin hi tanpuitu kan nih theih dan te leh enkawl zui dan tur zirtirna hun an hmang a ni



AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuaia 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 Aizawl, Lunglei, Siaha, Champhai, Serchhip, 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 thiltih dana nghawng a neih dan te, mi dangte nena kan inzawmnate leh duhthlanna hrisel kan neih theih nan heng hun hi hlawk taka hman thin a ni.



DMHP AIZAWL



DMHP SIAHA



DMHP CHAMPHAI



DMHP LAWNGTLAI



DMHP MAMIT

NPPCD chungchanglehbeng lama
harsatnaneia, hrechiang duh tan District
Hospital, ENT Dept OPD ah
zawhfiahtheihreng a ni

Thurawnpekemawhriatbelh duh neichuan
a hnuaia mail ah hian dah nise
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