



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/149

Aizawl, the 3rd September, 2026

28th Aug – 2nd Sept, 2026

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

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

Outreach

Free Clinic cum Awareness :
Cumulative for 2025-26: 134

No. of Beneficiaries :
Cumulative for 2025-26: 8822

No. of OPD/IPD
(Including Psychiatry Dept.)

District	No. of Patients	Cum FY 2025-26
Aizawl		3208
Lunglei		843
Siaha		817
Champhai		1505
Kolasib		475
Serchhip		190
Lawngtlai		383
Mamit		395

No. of Phone Call Attended

1. TeleMANAS :
Cumulative for 2025-26: 3223

2. ARDSI Mizoram Chapter: 7
Cumulative for 2025-26: 135

TeleMANAS Mizoram:
14416 (Toll Free)

MAIN STAKEHOLDER
ARDSI Mizoram Chapter
7005983633 / 9366191341

Rilruhriselna hi taksahriselna ang bawkin a pawimawh a ni

ANXIETY

- DMHP Siaha

Anxiety hi tunlai mental health clinic a case kan hmuh tam ber zinga mi ani. A bik takin thalai te leh zirlai te zingah he natna hi a hluar hle ani. Anxiety chu enge ni?

Anxiety chu hlauhthawnna leh phawklekna, manganna, thil vei burna leh helhkhanna tia sawi theih ani ang.

Anxiety disorder: Rilru lama harsatna (hlauhthawnna, manganna, thil vei lutuk leh helhkhanna) te hi miin a nih dan tur aia nasa alo nei anih chuan Anxiety disorder a nei kan ti thei ang.

Engvanga Anxiety hi lo awm nge? Engin nge Anxiety hi thlen?

Kan nuna thil thleng liamtham, kan nun sawi nghing dawt thei thil a thlen in emaw hun rei tak chung rilru hahna inkhawh khawm emaw alo awm in Anxiety a thlen thei.

Entirnan: Lusûn, hna leh eizawnna chungchanga rilru hahna, natna khirh vei, naupan laia khuarel chhiatna, khuaihem, tawhsual tawh, hnathawh tur emaw lehkhah zir tura tur leh nawr nasat lutuk avang tein Anxiety hi a neih theih bawh a ni.

Anxiety mizia leh nunphunga a lanchhuah dan.

- Ngaihtuahna chawlo.
- Thil ngaihtuah vak vak.
- Rilru sawrbing theilo.
- Thil thalo thleng mai tura ngai a, chiaa vak.
- Thinrim thut thut
- Mut that theih loh
- Ei in dan phung thlak danglam
- Midangte nena nun ho

Harsatna Taksa a lanchhuah dan.

- Thlan tla nasa.
- Thawh rang leh thawh vak vak.
- Taksa lum pup pup.
- Chau hluah hluah leh tha hrui neilo.
- Lungphu rang.
- Luhai leh nikhaw hrelo a awm.

Anxiety disorder nei te hi kan sawi thin angin a sign and symptoms hi thla 6 chhung tal an nei tur ani. Engtin nge Anxiety kan hmachhawn ang?

Anxiety disorder natna kan nei anih chuan rilru lam Doctor te leh hetiang lama mithiam te kan rawn atha ani. A nasa ah chuan damdawi ei te angai a, a nasa lem lo ah chuan therapy hmanga enkawl theih ani bawh ani. Tin, hei bakah hian mahni pawn tih ve theih kan nei a chungte chu:

- I tan hun insiam rawh.
- Chaw tha inbuk tawh ei rawh.
- Zu leh ruihtheihthil dang lakah fihlim tum rawh.
- I taksa mamawh tawh mu rawh.
- Engkim i thunun theilo tih pawm rawh.
- A eng zawngin thil thlir rawh.
- Thil tha leh tangkai tih nan i hun hmang tam rawh.
- I Anxiety chawh tho thei thil hrechiang rawh.
- Sawi chhuak la tanpui tu tur che pan hreh suh.

Anxiety hi enkawl vat anih loh chuan depression hial thlen thei ani a, churang chuan ngaihthah mai lo in hetiang lama mithiam te pan/rawn vat tur ani. District Hospital tinah National Mental Health Programme ten clinic kan nei a, OPD hun chhungin thawh tu te engtik lai pawhin pan theih kan ni e.

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 Siaha, Kolasib leh Lawngtlai 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.



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

Thurawnpekemawhriatbelh duh neichuan
a hnuai mail ah hian dah nise
mizmentalhp@gmail.com

*Rilru lama harsatnaneilehhriatbelh duh
neikanawmchuan
Telemanas Call theihna
14416, 180008914416*