



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/151

Aizawl, the 18th September, 2026

11th – 17th Sept, 2026

No. of OPD : 306
Cumulative for 202-27: 7031

No. of IPD : 63
Cumulative for 2026-27: 1152

Outreach

Free Clinic cum Awareness : 23
Cumulative for 2025-26: 168

No. of Beneficiaries : 1840
Cumulative for 2025-26: 12539

No. of OPD/IPD

(Including Psychiatry Dept.)

District	No. of Patients	Cum FY 2025-26
Aizawl	162	3208
Lunglei	42	843
Siaha	9	817
Champhai	86	1505
Kolasib	25	475
Serchhip	4	190
Lawngtlai	25	383
Mamit	16	395

No. of Phone Call Attended

TeleMANAS : 139

Cumulative for 2025-26: 3509

TeleMANAS Mizoram:

14416 (Toll Free)

MAIN STAKEHOLDER

ARDSI Mizoram Chapter

7005983633 / 9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

EATING DISORDER

- DMHP CHAMPHAI

Eating disorder chu mi pangnagai ei dan pel a ei tlem lutuk emaw ei tam lutuk avanga rilru leh taksa lama harsatna thleng thei niin. Hemi avang hian taksa landan te, ei leh in chungchangte hian rilru a luah reng thin. Hei hian taksa rihna leh pianphung chungchangah ngaihtuahna an seng nasa in, hemi avang hian nunphung leh rilru buaina nasa a thlen thei a ni.

Eating disorder hrang hrangte:

1. **Anorexia Nervosa:** Cher duh lutuk avanga ei leh ina in hrek riltamna. Taksa cher viau tawh chung pawhin thau tak anga inngaih tlatna. Taksa in a mamawh ang chaw tha a hmuh loh avangin damlohna nasat tak bakah thihna hial a thlen thei.
2. **Bulimia Nervosa:** Insumkarna tel miah lova mipang pelin vawilehkhatah an ei vak a, a hnu rei lo teah an in kawmluak emaw taksa nasa taka in sawizawiin, thenkhat chuan damdawi hmangin an ek an chhuah luih tir thin.
3. **Binge eating disorder:** Insumthei lova ei vak vakna, emaw puar tawh hnu pawha ei chhunzawm zel. A hnuah inchhirna leh inthiamlohna nasa tak awm mahse, an thil ei hnu paih chhuah tumna nei chuanglo. In kawm luah emaw taksa insawizawi tumna nei chuang lo.
4. **Avoidant/Restrictive Food Intake Disorder:** Chaw ei hlau emaw thil ei duh bik te neih tlat avanga ei tlem.
5. **Pica:** Ei tlak a ngaih loh heng sam, lung, lehkhah leh lei etc ei chakna nei tlat thin.
6. **Rumination Disorder:** Chaw ei tawh sa luak a ei nawn leh thin na.

Eating Disorder hi natna satliah a ni lo a, thihna thlen thei a ni. Lung tha lo, ruh chak lo, ha chhia, pum leh kal tha lo, fa nei thei lo, leh rilru lamah mahni inhuatna leh nun beidawnna thlengin a thlen thei. Heng a chungah kan tarlan tak natna nei kan awm anih chuan district tin ah District Mental Health Programme ah Mithiamte rawn tur an awm reng 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 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.



DMHP LUNGLEI



DMHP CHAMPHAI



DMHP KOLASIB



DMHP LAWNGTLAI

NPPCD chungchang leh beng lama harsatna nei a, hrechiang duh tan District Hospital, ENT Dept OPD ah zawhfiah theih reng a ni

Thurawn pek emaw hriatbelh duh nei chuan a hnuiaia mail ah hian dah nise
mizmentalhp@gmail.com

Rilru lama harsatna nei leh hriatbelh duh nei kan awm chuan
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