



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/154

Aizawl, the 9th October, 2026

2nd – 9th October, 2026

No. of OPD : 368
Cumulative for 202-27: 7657

No. of IPD : 39
Cumulative for 2026-27: 1233

Outreach

Free Clinic cum Awareness : 2
Cumulative for 2025-26: 177

No. of Beneficiaries : 213
Cumulative for 2025-26: 13179

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

District	No. of Patients	Cum FY 2025-26
Aizawl	156	3460
Lunglei	72	1013
Siaha	17	868
Champhai	86	1717
Kolasib	19	546
Serchhip	10	220
Lawngtlai	28	446
Mamit	19	444

No. of Phone Call Attended

TeleMANAS : 157
Cumulative for 2025-26: 4006

TeleMANAS Mizoram
14416 (Toll Free)

MAIN STAKEHOLDER
ARDSI Mizoram Chapter
7005983633 / 9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

Rilru Natna Leh Harsatna Chungchunga Ngaihndan Leh Rindan Dik Lo Kan Neih Thin Te (Myths & Misconceptions About Mental Illness)

- DMHP, Siaha

Hmasang kan pi leh pu te atangin rilru lama rualban lo leh rilru natna neite hi achhan leh vang, ni theite kan rindan anga ngaihndan siam hi kan ching thin a, rilru lama harsatna neite chu ramhuai thiltih anga ngai tlat te, Pathian an tih lawm loh avanga anchhia dawng anga ngai te an awm bawk. Tun thlengin hetiana ngaihndan leh rindan diklo hi lehkhathiam in ti tam tak zingah pawh an la awm avangin, heng rindan leh ngaihndan dik lo kan neih tlangpui te ilo sawifiah dawn teh ang:-

Myths: Kum naupang zawk leh naupangin rilru natna leh harsatna an nei lo

Facts: Chhut danin America naupang zingah rilru natna leh harsatna nei hi nuai 6 vel anga chhut ani, hei hian an nitin nun a tibuai in, ina an khawsak thin dan leh khawtlang a an chetdan te thlengin a nghawng a. School ah leh an lehkhazir na ah pawh nasa takin an tlak hniam phah thin ani.

Myths: Rilru natna leh harsatna nei te hi mi chak lo leh rilru no bik te hian an vei duh bik.

Facts: Rilru natna hi mi chak loh leh rilru no vang ni lovin inthlachhawanna thil emaw, kan nitin nuna kan thil hmuh leh hriatte, kan chungah harsatna lo thleng kan hmachhawn dan te, kan awmna leh a chhehvela thil thleng te hian rilru natnaa thlen zawk. Tunlai kan thalai te zingah phei chuan Social media heng Facebook, Whatsapp, Instagram etc hman thiam loh leh hmansual avanga mahni leh mahni rilru natna lama inhnuklut an tam khawp mai.

Myths: Rilru lama harsatna nei tawh chuan eng ang pawhin enkawl mahse an damchhuak/pangngai thei tawh lo.

Facts: A hun taka hmuchhuah a enkawl an nih chuan taksa natna thenkhat kan damchhuah pui ang tho hian an dam hlen thei ani. Entirnan; Bollywood actress lar Deepika Podukone hi Depression vanga buai hrep tawh a ni a, tunah chuan pasal te neiin a film career tha takin a chhunzawm zel thei a ni.

Myths: Rilru lama harsatna nei te hi kalhkhum daih tur ani.

Facts: Tunlai thiamna asan tawh avangin rilru lama harsatna nei te tan, in enkawl na hmanruatha leh damdawitetha tak tak a awm tawha, abik takin rilru natna lama mithiam (Mental Health Professional) te leh Supportive programme hrang hrang te avangin rilru lama harsatna nei tamtak nun tha tak leh pangngai taka hmang, chhungkua leh khawtlang tana mi tangkai tak tak hmuh tur an awm ani, an natna a hun taka hmuh chhuah a, enkawl na dawn hma hi achhanna chu ani.

Myths: Rilru lama harsatna nei te hi an hlauhawm ani

Facts: Mi pangngai ang tho hian rilru lama harsatna neite hian mi in an tibuai hmasa emaw, chhaih nawmnah, chhaih thinrim/chhaih kawlh te a nih loh chuan an hlauhawm hran lo ani. Mi a zual kan tih te pawh hian anmahni duattu leh tha taka be thintu te chu an hre lutuk. Mi pangngai a kan ngaih, zu leh damdawi ti zingah buaina chawhchhuah ching leh mipui nawlpui tana hlauhawm an tam zawk daih ani.

Myths: Rilru lama harsatna nei te hihna sang zawk thawk turin mawhphurhna pek ngam chi an ni lo, hna hniam zawk leh hnuaihning zawk chauh pek tur an ni.

Facts: Rilru lama harsatna nei te hian enkawl na tha taka an dawn chuan mi pangngai ang tho in hna sang zawk leh eng ang hna pawh tha takin an thawk thei ani.

Myths: Rilru natna hian min tibuai/vei velo ang.

Facts: Mizo pi leh pu ten piansual leh phar char in tlai luat a nei lo an lo tih thin ang in, leh thihna in mi hausa leh rethei, kan rinna (religion), eng ang kum rual nge kan nih a thliar lo ang hian rilru natna hian tumah a thliar hrang lova, tu chungah pawh, eng hunah pawh a thleng thei tih hria in, rilru natna vei te chungah kan rilru put dan leh thliar dan hi i thlak mawlh ang u.

A chungah kan tarlan tak ang khian rilru natna leh harsatna hi tu chungah pawh a thleng thei tih hria in, rilru lama harsatna nei te chungah kan rilru put dan leh ngaihdan hi thlak ahun tawh khawp mai. Taksa a hrisel a rilru a hrisel loh chuan hriselna tluan tlingkan nei thei lova a chhan chu, taksa leh rilru chu kalkawp tlat then hran theih loh anih avangin a hrisel kawp a ngai a ni. Hemi avang hian tunlaiin Sawrkar, Kohhran, mimal leh NGO's ten rilru lama hriselna kan neih theih nan nasa taka tan la in rilru hriselna chungchangah in zirtirna tam tak a buatsaih tawh nghe nghe a ni. Mahse ngaihdan leh rindan diklo (stigma) tam tak avangin rilru lama harsatna neiten hmuhsit leh endawng nih hlauvin an natna sawi chhuak ngam lovin an harsatna te mahni chauhvin an tuar tlawk tlawk ani. Hemi avang hian nunna tam tak pawh chhan hman lohvin mual an liam tawh a ni. Engpawhnise rilru thar pu in rilru lama harsatna nei te pui turin i pen chhuak ang u. Tunah hian kan chhungkuaah (Nu leh pa, Kan fate), kan thenawmah leh khawtlang ah rilru natna leh harsatna nei tam tak mahse stigma in a hual/ tuam vel avanga an natna tuara la kun mek te chhanchhuak turin tan la ho in, i thawk ho ang u, Mizo tlawmngaihna nun chhawm nung chung zelin hmuksit tu leh endawng tu ni lovin, hmangaihna leh lainatna nen a puihtu, hruaichhuaktu leh chhanchhuaktu nih tum theuh ang u tiin kan in sawm a ni. Taksa natna dang kan neih a Doctor thiam te kanrawn vat thin ang hian, rilru natna leh harsatna te hinatna chikhat ve mai chauh ani tih hriain inthlahrung miah lovin kan awmhmun atanga tho chhuak in rilru lama mithiam zawkte heng Psychiatrist, Clinical Psychologist, Psychiatric Social Worker leh Psychiatric nurse te rawn nachang i hria ang u. Mizoram bikah chuan District thar pa 3 tih loh district dang pa 9 (Aizawl East tiamin) a District Hospital zawng zawng ah Mental Health Professional ten an thutchilh vek a, ahun taka hmuchhuah a enkawl na I dawn theih nan I pan theuh ang u.

WORLD MENTAL HEALTH DAY, 2026 HMAN A NI

Vawiin ni 09.10.2025 (Zirtawpni) chawhnu dar 2 khan I&PR Conference Hall, Lianchhiari Rûn ah ***“World Mental Health Day”*** hman a ni a, Pi Lalnunmawii Ralte, Additional Secretary, H&FW chu Khuallian niin Dr. Zonunmawii Pachuau, Director, H&ME in programme a kaihruai a ni. Kumin 2026 World Mental Health Day thupui chu ***“Lived experiences heard: real voices, real change”*** a ni a, Dr. Vanlaldiki, Psychiatrist in Mental Health Day thupui hmangin keynote address a sawi.

Pi Mina Zoliani Joute, MIS, Director, I&PR leh Dr. Robert L. Khawlhing, SNO, NMHP hnen aţangin thusawi ngaihnawm leh pawimawh tak tak ngaihthlak a nih hnu in Chief Guest in Mental Health posters a tlangzarh. Pi Biakhluzuali Chenkual, Clinical Psychologist in kalkhawmte hnenah lawmthu sawiin hun a khar a ni.



AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuaia District hrang hrangte chuan NGO pawl hrang hrang, Kohhran, School leh sorkar department hrang hrangah Awareness leh Free Clinic an nei thin a. Tunkar chhungin Siaha 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 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 SIAHA



DMHP SERCHHIP

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 hnuaia mail ah hian dah nise
mizmentalhp@gmail.com

Rilru lama harsatna nei leh hriatbelh duh
nei kan awm chuan
Telemanas Call theihna
14416, 180008914416