



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/155

Aizawl, the 16th October, 2026

10th – 15th October, 2026

No. of OPD : 402
Cumulative for 202-27: 8063

No. of IPD : 29
Cumulative for 2026-27: 1233

Outreach

Free Clinic cum Awareness : 12
Cumulative for 2025-26: 201

No. of Beneficiaries : 1266
Cumulative for 2025-26: 14445

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

District	No. of Patients	Cum FY 2025-26
Aizawl	137	3597
Lunglei	68	1081
Siaha	68	936
Champhai	63	1780
Kolasib	17	563
Serchhip	27	247
Lawngtlai	38	484
Mamit	13	444

No. of Phone Call Attended

TeleMANAS : 205
Cumulative for 2025-26: 4211

TeleMANAS Mizoram
14416 (Toll Free)

MAIN STAKEHOLDER
ARDSI Mizoram Chapter
7005983633 / 9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

RILRU A DAMLOHNA NEITE LAKA KHAWTLANG MIPUITE MAWHPHURHNA

-DMHP LAWNGTLAI

Rilru lam a damlohna hi khawtlang hriselna chawh buai thei a ni a. Mihring rilru, ngaihtuahna, nungchang leh midang te nen a inlaichinna leh nitin nun nghawng buai thei a ni. Rilru lam a mithiamte an pawimawh rual hian damlote damna kawngah hian khawtlang hian mawhphurhna sang tak an nei a. Damlote dinhmun hrethiam leh endawng mai lo khawtlang chuan damlote an en hrang lo a, in enkawl a pawimawh zia fuih in khawtlangah zalen tak a nun pangngai tak an hmang chhonzawm theih nan an tanpui thin a ni.

1. Enhranna leh inthliarna tih tlem: Rilru lama damlohna neite tan a khawtlang mawhphurhna pawimawh ber chu enhranna leh inthliarna tih bo hi a ni. An lak a hmusit leh enhranna kan neih hian midang hnena tanpuina leh enkawl zawn an hreh phah a. Khawtlang hian he damlohna hi mimal chaklohna leh nungchang dik loh vanga ngailo in natna chikhat a ni tih pawm thiam tir a pawimawh hle.

2. Rilru damlohna hi khawtlang a zirtirna pek tam: khawtlang hian rilru lam hriselna leh damlohna a awm thei a ni tih hi school ah te, hnathawhna hmunah te, pawl hrang hrang ah te, media ah te in zirtir tam ila. Hei hian rilru lam damlohna chungchang hriatthiamna pe in, natna lo lanchhuah dan te inzirtir in, natna dang ang tho a enkawl dam theih a ni tihte mipui in an hriat phah dawn a ni.

3. Damlote rilru leh an thinlung chhungril hriatthiampui na: Damlo chenpuite, thiante, thawhpuite leh khawtlang mipuite hian damlote emotional support kan pek hi a pawimawh em em a, an harsatna ngaihthlaksak a, an dinhmun pawmpui thiam ila heihian an inenkawl na leh damna kawngah nasa takin kawngro a su a ni.

4. Mithiamte pan nachang hre tur a fuih: Rilru lam a damlohna neih ten mithiamte pan nachang hre tur a fuih hi kan tihmakmawh a ni a. Damloten an ban phak maia inenkawl na an dawn theih na turin khawtlang hmalak hi a pawimawh a ni.

5. Chhungkua leh enkawltu te puihbawm thiam: Chhungkua leh enkawltute hian harsatna tam tak an tawk thei a, natna chungchang leh enkawl dan zirtir te, emotional support pek te leh an mamawh dangte kawhhmuh kawngah khawtlangin tanpuina pek an mamawh a. Hei hian damlote enkawl na leh damna kawngah nasa tak a pui thei a ni.

6. Khawtlang thil tihna a tel tir: rilru lama harsatna neite hi enhrang mai loin khawtlang thil tihna hrang hrang a tel tir a mawhphurhna pek thiam an ngai. Hei hian mahni inrintawkna siamsakin, mahni ke a ding ve thei turin a tanpui a ni.

7. Dikna leh chanvo humhalh pui: Rilru lama damlohna neite hian dikna, chanvo leh mimal zalenna an neih hi kan humhalh sak tlat tur a ni a. Damlohna vanga an dikna leh chanvo kan rahbeh sak tur a nilo.

8. Khawtlang nun hrisel leh in pawhna tha neih: Mitin in rilru hrisel kan neih theih nan khawtlang boruak hrisel siam leh in pawhna tha nei tur a tan lak hi a pawimawh a ni.

Rilru hrisel nei tur hian khawtlang mi te hian mawhphurhna sang tak kan nei a. Khawtlang in rilru lam a harsatna neite a hriatthiam a, a ngaihpawipawh a, a enhran loh hian damlote leh damlo chhungte phurrit leh hreawmna a chhawk zangkhai phah in an damna kawng rahbi nasa takin a suk eng sak a. Chuvangin Khawtlang anga kan mawhphurhna hi ngaihne a en liam mai chi a nilo.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuiaia 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 Aizawl, Lunglei, Siaha, Champhai, Kolasib, Serchhip, Lawngtlai leh Mamit District ten Awareness leh Free Clinic an nei a, TeleMANAS chungchang inhrihlhriatna 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 LUNGLEI



DMHP SIAHA



DMHP CHAMPHAI



DMHP KOLASIB



DMHP SERCHHIP



DMHP LAWNGTLAI



DMHP MAMIT

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
Telemanas Call theihna
14416, 180008914416