



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/156

Aizawl, the 23rd October, 2026

16th – 22nd October, 2026

No. of OPD : 322
Cumulative for 202-27: 8063

No. of IPD : 30
Cumulative for 2026-27: 1263

Outreach

Free Clinic cum Awareness : 2
Cumulative for 2025-26: 203

No. of Beneficiaries : 203
Cumulative for 2025-26: 14648

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

District	No. of Patients	Cum FY 2025-26
Aizawl	129	3726
Lunglei	66	1149
Siaha	10	946
Champhai	81	1861
Kolasib	18	581
Serchhip	9	256
Lawngtlai	25	509
Mamit	14	458

No. of Phone Call Attended

TeleMANAS : 287
Cumulative for 2025-26: 4498

TeleMANAS Mizoram
14416 (Toll Free)

MAIN STAKEHOLDER
ARDSI Mizoram Chapter
7005983633 / 9366191341

Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni

ADJUSTMENT DISORDER (Nunphung Insiamremna lama Harsatna)

-DMHP LUNGLEI

Adjustment Disorder chumi pakhatin a nuna thil thleng vanga rilru leh taksa lama harsatna a tawh, a insiamrem hleitheilo hi a ni. Mihringin harsatna kan tawh hian rei vak lo ah kan insiamrem leh thin a, mahse Adjustment Disorder nei te chuan thla 3 chhung velin an nun a tibuai nasa hle thin.

A chhan (Causes):

He natna hi stress nasa takin a thlen thin. A chhan hrang hrang te chu:

- Nupui/Pasal thenna emaw hmangaihte nen inthenna
- Hnathawhna hloh emaw sikul chhuahsan
- Hriselna lama harsatna lian tak, damlo na lutuk
- Inneihna, naupai, retirement ang chi nun inthlak danglamna
- Indona, lirnging, chhiatrupna tawh
- Hmangaihte thihna

Mi tin mai hian stress kan tuar dan a inang lo. Mi thenkhat chu an tuarchhel zawk a, thenkhat erawh an sensitivity sang zawk vangin he natna hi an nei awl zawk.

A lan chhuah dan (Symptoms):

Adjustment Disorder nei te ah heng te hi a lang tlangpui:

1. **Rilru lam:** Lungngaihna, tap leh rinhlelhna, beidawnna, hlauhthawnna, thinrimna.
2. **Mizia lam:** Mahni inkharkhip, midang biak duh loh, insum theih loh, zu leh damdawi ruihtheih lam hawi.
3. **Taksa lam:** Mut harsatna, chaw ei tui lo, chau ngawih ngawih, pum na, lu na.
4. **Nitin nun tibuai:** Sikul emaw hna kal peih lo, chhungte nena inbiakna tha lo

A natna hi stress a thlen atanga thla 3 chhunga lo lang tlangpui a ni a, stress a reh hnu thla 6 chhungin a reh leh tlangpui thin.

A chi hrang hrang (Types):

- Anxiety nena inkawp (Hlauhthawwna)
- Depressed Mood nena inkawp (Lungngaihna)
- Anxiety leh Depression inkawp
- Behaviour buai (chezia dik lo)
- Emotion leh Behaviour inkawp

Enkaw dan (Treatment):

He natna hi dam theih a ni a, inthlahrung suh.

1. Psychotherapy (Titi pui): A enkawlna tha ber a ni. Counsellor emaw Psychologist te pan. Cognitive Behavioral Therapy (CBT) pawh a tangkai hle.
2. Chhungte leh Thiante: I harsatna i chhungte, thian tha te hnenah sawi chhuak rawh. Mahni chauh a tawrh ai chuan a ziaawm huai huai.
3. Nunphung hrisel: Mut tam, ei leh in tha, exercise lak, zu leh ruihtheih thil laka fihlim hi a pawimawh em.
4. Damdawi: A nasat deuh chuan Doctor (psychiatrist) pan thuai tur

Adjustment Disorder hi mi chak lo tihna a ni lo. Nun harsatna i hmachhawn dan tur i thiam rih lo tihna mai a ni. I mimal nun a tibuai nasa a, thla 2-3 aia rei i tuar a nih chuan, khawngaihin i bula Health Professional, counsellor emaw doctor emaw pan vat ang che.

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 leh Champhai 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 CHAMPHAI

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