



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHPMz/2024/40

Aizawl, the 26th July, 2024

No. of OPD : 253
No. of IPD: 39

Outreach

Free Clinic cum Awareness : 1

No. of Beneficiaries : 53

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

Aizawl : 137
Lunglei : 31
Siaha : 17
Champhai : 53
Kolasib : 9
Serchhip : 13
Lawngtlai : 18
Mamit : 14

No. of Phone Call Received
TeleMANAS : 237

Targetted Intervention under NMHP, Mizoram : 11

ARDSI Mizoram Chapter
7005983633, 9366191341

"Rilru hriselna hi taksa hriselna ang bawkin a pawimawh a ni"

Mental Health Red Flags

Rilru hriselna hian kan ngaihtuahna, kan rilru put hman, leh kan thiltih dan a nghawng a. Stress kan hmachhawn dan te, mi dangte nena kan inzawmna te, leh duhthlanna hrisel kan siam dan te pawh a hriat theih nan a pui bawk

Mental Helath a Red-flag hi category pathum ah a then theih a.

Taksa lama a lan dan: An mut tam lutuk nge an mut tawk lo? An ei leh in dan a danglam tawh em? An chakna hman dan chu a danglam tawh em, chu chu mi pakhat, a tlangpuiin chakna nei lo acting lethargic emaw, hah ang maia exercise nei fo emaw ang chi hi a ni em?

Emotion lama a lan dan: Chu mi chu a thinrim zawk em? An lungawi lo awlsam zawk niin a lang em? An tap tam zawk em ni?

Hriatna lama hnathawh dan: Miin thiltihleng a hrilhfiah dan emaw, a chhungril lama a luhtir danah hian inthlak danglamna a awm em? A tlangpuiin rilru dik taka an buaipui tur thilte chu chhanna dik lo an nei em?

A châng chuan, rilru emaw, rilru lam emawa inhniaalna chhinchhiahna chu a fiah lo thei hle. A châng chuan an drastic hle mai thei. Chhanna pek nghal ngai nungchangte chu:

- Ruihhlo hman tam
- Ni tam tak chhung khum atanga tho lo
- Mahni intihlum tumna emaw, midang tihnat tumna emaw

World Brain Day

Kumtin July 22 hian World Brain Day hman thin a ni a. Hemi ni ah hian thluak hrisel nei a pawimawhzia hriatirna leh inzirtirna hun hman thin a ni. Kan thluak hi kan taksa peng pawimawh ber pakhat a ni a, kan ngaihtuahna, kan che vel leh kan thiltih te thunun tura mawhpurto ber niin. Thluak hi taksa peng hrang hrang ngaihtuahna, hriatrengha, rilru natna, motor skills, mit hmuhna, thawk dan, temperature, leh kan taksa tidanglamtu zawng zawng control tu a nih avangijn kan enkawl that a tul hle a ni.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuiaia Champahi District chuan Mental Health chungchang zirtirna hun an hman a TeleMANAS chungchang in hrilh hriatna hun an hman bawk a ni.



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

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

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

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