



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHPMz/2024/43

Aizawl, the 16th August, 2024

No. of OPD : 179
No. of IPD : 36

Outreach

Free Clinic cum
Awareness : 2

No. of
Beneficiaries : 261

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

Aizawl : 100
Lunglei : 18
Siaha : 18
Champhai : 27
Kolasib : 8
Serchhip : 10
Lawngtlai : 18
Mamit : 16

No. of Phone Call
Received
TeleMANAS : 211

Targetted Intervention
under NMHP, Mizoram : 7

ARSI Mizoram Chapter
7005983633, 9366191341

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

RILRU HRISELNA LEH HNATHAWHNA

Hnathawhna khawvelah Rilru Hrisel nei hi a pawimawh hle a. Midangte nena thawhhona tha leh rilru dik nei thei tur chuan in puihtawwna thate, thil tih tur leh tih dan in hrilhhriatte, midang kaihruaitu nih thiam te leh a pawimawh ber tanho thiamna nei hi a tul hle a ni.

'Work smart not hard' tih an sawi kan hre fo thin ang, hei hi eng ang chiaha dik nge ni ang? Kan hnathawh a zir emaw kan thawh dan kalphung a zir te pawh a ni thei awm e, a chhan chu kan hnathawhna hmun in a zir loh chang te pawh a awm ve thei a, entiran kum upa lam tawh hnathawktu kha social media leh tunlai khawl thil thar ber ber hmanga sumdawwna thil midang hriat tura inphochhuak tur leh sawizaunna nei turin hrilh ta ila. Social media leh tunlai khawl thil hmang thiam loh a nihna chu a tan phurrit leh manganna nasa tak ni thei a, chumi chuan chi-aina leh hnathawh hreawm tih theih hial khawpa buaina leh harsatna thlenin, nun nuam tih lohnate, hna bansan mai duhna leh mahni intihlum duh hialna rilru a nei tir thei a ni. Amaherawhchu, vanneih thlak takin a hnathawhna hmunah leh in lamah buaipuitu, dawmkangtu leh ngaihsaktu tha tak tak a nei hlauh avangin a harsatna chu zawi muangin hmachhawn dan a zir a, bahlah leh harsatna em em nei lovin a hna chu a chhonzawm leh thei a ni.

Chuvang chuan hnathawhna hmuna thawhhona tha leh hna thawhdan fing leh zangkhai zawk kan nei duh a nih chuan hnathawhna hmuna rilru hahna leh chiaina awm lova, hnathawktuten an him a ni tih an hriat a, midang thil tih kan hriatthiam saka kan hlutsak thiam a tul hle a ni.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuai Aizawl, leh Siaha, District chuan Mental Health chungchang zirtirna hun an hmang a TeleMANAS chungchang in hrilh hriatna hun an hmang baw a ni.



DMHP SIAHA



DMHP AIZAWL

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 hnuai mail ah hian dah nise
mizmentalhp@gmail.com

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