

**NATIONAL MENTAL HEALTH PROGRAMME
NATIONAL HEALTH MISSION, MIZORAM**

Physical Achievements:

Sl. No.	Components	2023-24	2024-25	2025-26
1.	Early detection and treatment of mentally ill patients			
	a OPD	9734	18992	18584
	b IPD	1629	2228	2457
2.	Outreach for increasing awareness and reducing stigma related to Mental Health Problems			
	a No. of Free Clinic cum Awareness	166	173	207
	b No. of Awareness	277	223	227
	c No. of Home Visits	197	418	373
	d No. of referral	17	464	1339
	e No. of Phone calls in Crisis/ Suicide Helpline	364	845	891
	f No. of incoming and outgoing calls by Tele MANAS	6156	8216	7567

Best Practices & Innovations:

1. Home visits by staff of DMHP in Mizoram
2. Digital bulletin to enhance mental health awareness, to reduce stigma related to mental illnesses and for updating data circulated on a weekly basis
3. Visits to Central Jail by staff of DMHP on a monthly basis
4. The TeleMANAS logo has been imprinted in all government OPD tickets