

# Te Reo Hāpai

## The Language of Enrichment

A Maori language glossary for use in the  
mental health, addiction and disability  
sectors

*Nā Keri Opai* | Te Pou o te Whakaaro Nui

## All terms

Māori to English

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## A

| Māori   | English   |
|---|---|
| <b>Ahurea</b>                                       | Culture   |
| <b>Ahurea Māori</b>                                 | Māori Culture                                   |
| <b>Ahurea Turi</b>                                  | Deaf Culture                                    |
| <b>Ahurea Whaikaha</b>                              | People with Disabilities' Culture               |
| <b>Amaru</b><br>See also Mana                       | Dignity   |
| <b>Angitu</b><br>See also Momoho, Waimārie          | Success<br>Successful                           |
| <b>Aromatawai</b>                                   | Assessment                                      |
| <b>Aronga Hōkaka</b><br>See also Aronga Taera       | Sexual Orientation                              |
| <b>Aronga Taera</b><br>See also Aronga Hōkaka       | Sexual Orientation                              |
| <b>Aroreretini</b><br>Attention goes to many things | Attention Deficit Hyperactivity Disorder (ADHD) |
| <b>Atarua</b>                                       | Blurred vision<br>Seeing double                 |
| <b>Aurongo</b><br>See also Kare ā-roto              | Emotions  |
| <b>Awe Wairua</b>                                   | Psyche  |

## Ā

| Māori                                     | English                 |
|---|-------------------------|
| <b>Āiotanga</b><br>See also Waikanaetanga | Tranquility<br>Serenity |
| <b>Āmai</b><br>See also Ānini, Rorohuri   | Dizzy<br>Giddy          |
| <b>Ānini</b><br>See also Āmai, Rorohuri   | Dizzy<br>Giddy          |

## H

| Māori  | English                                     |
|--|---|
| <b>Hākerekere</b><br>See also Ngākau Pōuri, Pāpōuri              | Depressed<br>Depression                     |
| <b>Hakiri</b>  | Hearing Impaired                            |
| <b>Haumanu</b>   | Therapy                                     |
| <b>Haumanu ā-kakara</b>  | Aromatherapy                                |
| <b>Haumanu ā-puoro</b>   | Music Therapy                               |
| <b>Haumanu Korikori</b>  | Physiotherapy                               |
| <b>Haumanu Ngangahau</b>   | Occupational Therapy                        |
| <b>Haumaruru</b>   | Indifferent<br>Moody, Morose                |
| <b>Hauora Aurongo</b><br>See also Hauora Kare ā-roto             | Emotional Health                            |
| <b>Hauora Hinengaro</b>  | Mental Health                               |
| <b>Hauora Kare ā-roto</b><br>See also Hauora Aurongo             | Emotional Health                            |
| <b>Hauora Tinana</b>   | Physical Health                             |
| <b>Hauora Wairua</b>   | Spiritual Health                            |
| <b>Haurangi</b>  | Intoxicated<br>Drunk                        |
| <b>Haurua Turi</b><br>This term has come from the Deaf Community | Half Deaf                                   |
| <b>Here Taratahi</b>   | Seclusion and Restraint                     |
| <b>Herekorenga</b><br>See also Wāteatanga                        | Liberty<br>Freedom                          |
| <b>Hiki Taumahatanga</b>   | Alleviate Distress                          |
| <b>Hoa Aropā</b>   | Peer  |
| <b>Hohou Rongo</b>   | Make Peace<br>Cement peace (after conflict) |
| <b>Hōkakatanga</b><br>See also Taeratanga                        | Sexuality                                   |
| <b>Hūkeke</b>  | Seizure                                     |

| Māori    | English             |
|----------|---------------------|
| Hukihuki | Convulsion<br>Spasm |
| Hūkiki   | Epilepsy            |
| Hūrori   | High (inebriate)    |

I

| Māori     | English   |
|-----------|-----------|
| Iokerewai | Paralysis |

## K

| Māori   | English  |
|---|--|
| Kaimātai Hauora Hinengaro   | Psychologist   |
| Kaituku Haumanu   | Therapist  |
| Kaituku Haumanu ā-ahurea  | Cultural Therapist                                     |
| Kaituku Haumanu Hinengaro   | Psychotherapist  |
| Kaituku Haumanu Ngangahau   | Occupational Therapist                                 |
| Kaituku Haumanu Ngutu Tūi   | Speech Language Therapists                             |
| Kaiwhakamahereora   | Counsellor<br>Practitioner                             |
| Kaiwhakamahereora Hinengaro   | Mental Health Counsellor<br>Mental Health Practitioner |
| Kaiwhakamahereora Waranga   | Addictions Counsellor<br>Addictions Practitioner       |
| Kanorau   | Diversity  |
| Kanorau ā-roro  | Neurodiversity   |
| Kare ā-roto<br>See also Aurongo   | Emotions   |
| Keka  | Hysterical   |
| Kirirarau   | Citizen  |
| Kiritau   | Self-esteem<br>Self-respect, Self-worth                |
| Korekai<br>To not consume, in this context - all forms of drugs/alcohol | Abstinence   |
| Korongenge  | Dementia   |
| Kukarau   | Cocaine  |
| Kutukutu  | Delirious  |

## M

| Māori               | English       |
|---------------------|---------------|
| Mae                 | Phobia        |
| Mae Ahoaho          | Agoraphobia   |
| Mae Piringa Tangata | Social Phobia |

| Māori  | English                     |
|--|-----------------------------|
| Mae Tauwhāiti  | Specific Phobia             |
| Māharahara   | Worry                       |
| Mahere Tautiaki  | Care Plan                   |
| Mahere Whai Ora  | Wellness Plan               |
| Mahere Whakapakari Pātū  | Treatment Plan              |
| Mahi ā-rōpū  | Group Work                  |
| Mahi Ngahau  | Social Life                 |
| Mahi Onioni  | Sexual Activity             |
| Mahi Tahi  | Work Together               |
| Mana<br>See also Amaru   | Dignity                     |
| Mana Ōrite   | Equality                    |
| Manaakiao<br>For more information visit [the New Zealand Williams Syndrome Association]( <a href="https://williams-syndrome.org.nz/manaakiao.html">https://williams-syndrome.org.nz/manaakiao.html</a> ) | Williams Syndrome           |
| Manatika   | Justice                     |
| Manawapā   | Anxiety<br>Anxious          |
| Manawaroa<br>See also Wanatītanga  | Resilience                  |
| Manga Hauora Hinengaro   | Mental Health Unit          |
| Māngina  | Stoned                      |
| Matahoki   | Relapse                     |
| Mātai Hauora Hinengaro   | Psychology                  |
| Matakerekere   | Numbness                    |
| Mātanga Kai Taiora   | Nutritionist                |
| Matarehu   | See unclearly<br>Dim vision |
| Mātau ā-wheako   | Lived Experience            |
| Mātāwaka   | Ethnic Group                |

| Māori  | English                          |
|--|----------------------------------|
| Mate   | Illness                          |
| Mate Tāmitanga   | Stress Related Illness           |
| Māuiui   | Disorder                         |
| Māuiui Ahotea  | Psychosis                        |
| Māuiui Aurongo<br>See also Māuiui Kare ā-roto  | Mood Disorder                    |
| Māuiui Hauora Hinengaro<br>Figurative - Māuiui i.e. 'out of balance'<br>See also Ngā Wero Hauora Hinengaro | Mental Health Challenges         |
| Māuiui Kare ā-roto<br>See also Māuiui Aurongo  | Mood Disorder                    |
| Māuiui Pāmamaetanga  | Traumatic Stress Disorder        |
| Māuiui Tākaro Ataata   | Video Gaming Disorder            |
| Māuiui Tuakiri   | Personality<br>Identity Disorder |
| Māuiui Waipiro Pā Piriho   | Fetal Alcohol Spectrum Disorder  |
| Māuiui Wairua Tuakoi   | Schizophrenia                    |
| Māuiui Whaiaro Rua   | Bi-polar Disorder                |
| Māuiui Whakaauau   | Obsessive Compulsive Disorder    |
| Māuiui Whakatiki   | Anorexia                         |
| Maunuwara  | Withdrawal                       |
| Maurirere  | Panic                            |
| Mauritau   | Relax                            |
| Momoho<br>See also Angitu, Waimārie  | Success<br>Successful            |

## N

| Māori  | English                                   |
|--|---|
| <b>Ngā Āwhina Whakaoranga</b>  | Recovery Capital                          |
| <b>Ngā Iwi o Te Moana Nui a Kiwa</b><br>See also Ngā Whanaunga o Te Moana Nui a Kiwa, Ngāi Moana Nui a Kiwa, Ngāi Pasifika | Pasifika Peoples                          |
| <b>Ngā Mahi Hiki Tāmitanga</b>   | Stress Relief (activities)                |
| <b>Ngā Pātū Tūroa o te Whare Tapawhā</b>   | Strengths and Resilience (as an approach) |
| <b>Ngā Piringa Wara</b><br>Emphasising connection as opposed to addiction  | Addictions                                |
| <b>Ngā Raruraru Hauora Hinengaro</b>   | Mental Health Problems                    |
| <b>Ngā Rerekētanga</b>   | Outcomes (changes)                        |
| <b>Ngā Take Hauora Hinengaro</b>   | Mental Health Issues                      |
| <b>Ngā Tāmitanga</b>   | Stresses                                  |
| <b>Ngā Tika Mā Te Katoa</b>  | Universal Rights                          |
| <b>Ngā Tika Takitini</b>   | Collective Rights                         |
| <b>Ngā Tika Tangata</b>  | Human Rights                              |
| <b>Ngā Tika Tūāpapa</b>  | Fundamental Rights                        |
| <b>Ngā Tuarā Tautoko</b>   | Support Workers                           |
| <b>Ngā Waranga</b>   | Addictions                                |
| <b>Ngā Wero Hauora Hinengaro</b><br>Literal - Wero i.e. Challenge<br>See also Māuiui Hauora Hinengaro                      | Mental Health Challenges                  |
| <b>Ngā Whaikaha</b>  | Disabilites                               |
| <b>Ngā Whakaihihi</b>  | Stimulants                                |
| <b>Ngā Whakamahuru</b><br>Relaxants, sleep and anti-anxiety medications  | Calmers                                   |
| <b>Ngā Whakaporehu</b>   | Opioids                                   |
| <b>Ngā Whakatautō</b>  | Depressants                               |
| <b>Ngā Whanaunga o Te Moana Nui a Kiwa</b><br>See also Ngā Iwi o Te Moana Nui a Kiwa, Ngāi Moana Nui a Kiwa, Ngāi Pasifika | Pasifika Peoples                          |

| Māori  | English                    |
|--|----------------------------|
| <b>Ngāi Moana Nui a Kiwa</b><br>See also Ngā Iwi o Te Moana Nui a Kiwa, Ngā Whanaunga o Te Moana Nui a Kiwa, Ngāi Pasifika | Pasifika Peoples           |
| <b>Ngāi Pasifika</b><br>See also Ngā Iwi o Te Moana Nui a Kiwa, Ngā Whanaunga o Te Moana Nui a Kiwa, Ngāi Moana Nui a Kiwa | Pasifika Peoples           |
| <b>Ngākau Pōuri</b><br>See also Hākerekere, Pāpōuri  | Depressed<br>Depression    |
| <b>Noho Whakamātūtū</b>  | Residential Rehabilitation |
| <b>Noho Whakapakari Pātū (o te Whare Tapawhā)</b><br>To reinforce the walls of the Whare Tapawhā model of health           | Residential Treatment      |

## O

| Māori  | English                     |
|--|-----------------------------|
| <b>Oranga Ararau</b><br>Many pathways to wellbeing | Complex/sophisticated Needs |

## P

| Māori   | English                      |
|---|------------------------------|
| <b>(He) Pā Waranga</b>                              | (A) Person with an addiction |
| <b>Pāmamae</b>                                      | Trauma                       |
| <b>Pāmamae Heke Iho</b>                             | Intergenerational Trauma     |
| <b>Pāmamaetanga</b>                                 | Traumatic Event              |
| <b>Pāpōuri</b><br>See also Hākerekere, Ngākau Pōuri | Depressed<br>Depression      |
| <b>Petipeti</b>                                     | Gambling                     |
| <b>Petipeti Whakararu</b>                           | Harmful Gambling             |
| <b>Poapotaunu</b>                                   | Stigma                       |
| <b>Pohewanga</b>                                    | Hallucination                |
| <b>Pōkaikaha</b>                                    | Confused                     |
| <b>Pōrangi</b>                                      | Mentally Ill                 |
| <b>Pūira Kehe</b><br>Odd numbered chromosome        | Downs Syndrome               |
| <b>Pukuruaki</b>                                    | Bulimia                      |

## R

| Māori  | English                                   |
|--|---|
| <b>Rangimārie</b><br>See also Rongomau                           | Peace                                     |
| <b>Rangirua</b>  | Ambivalence<br>Confusion                  |
| <b>Raraunga</b>  | Citizenship                               |
| <b>Raru ā-io</b>   | Neurological Problem                      |
| <b>Raru Kori Tinana</b>  | Movement Problem<br>Co-ordination Problem |
| <b>Rata Hauora Hinengaro</b><br>See also Tākuta Hauora Hinengaro | Psychiatrist                              |
| <b>Ratonga Toro Noa Mai</b>                                      | Drop-In Service                           |
| <b>Rerenga</b>   | Refugee                                   |
| <b>Rōnaki</b>  | Ramp                                      |
| <b>Rongoā</b>  | Medication<br>Medicine                    |
| <b>Rongomau</b><br>See also Rangimārie                           | Peace                                     |
| <b>Rōpū Aropā</b>  | Peer Group                                |
| <b>Rōpū Tautoko</b>  | Support Group                             |
| <b>Roro Ikura</b>  | Stroke                                    |
| <b>Rorohuri</b><br>See also Āmai, Ānini                          | Dizzy<br>Giddy                            |

## T

| Māori   | English      |
|---|--------------|
| <b>Taeratanga</b><br>See also Hōkakatanga   | Sexuality    |
| <b>Taitōkai</b>   | Sexual Abuse |
| <b>Takahorohoro</b>   | Impulsive    |
| <b>Takiwātanga</b><br>From 'tōku/tōna anō takiwā' - 'my/his/her own time and space' | Autism       |
| <b>Tākuta Hauora Hinengaro</b><br>See also Rata Hauora Hinengaro                    | Psychiatrist |

| Māori  | English   |
|--|---|
| Tāmitanga  | Stress  |
| Tāmitanga Kahu Tara                                  | Grief Stress  |
| Tāmitanga Mahi                                       | Work Stress   |
| Tāmitanga Muri Pāmamae                               | Post Traumatic Stress (PTS)   |
| Tāmitanga Pāmamae                                    | Traumatic Stress  |
| Tāmitanga Pāmamae Heke Iho                           | Intergenerational Traumatic Stress  |
| Tāmitanga Whakamā                                    | Shame Stress  |
| Tangata  | Person  |
| Tāngata  | People  |
| Tangata Kāpō   | Blind Person  |
| Tangata Matarehu<br>Person with some visual ability  | Visually Impaired Person  |
| Tangata Mātau ā-wheako                               | Person with lived experience  |
| Tangata Wairua Tuakoi                                | Person with schizophrenia   |
| Tangata Whai Ora                                     | Service User seeking wellness<br>Consumer seeking wellness, Person seeking wellness |
| Tāngata Whai Ora                                     | Service Users/Consumers/People seeking wellness (plural)                            |
| Tāngata Whaikaha                                     | People with disabilities  |
| Tangata Whaiora                                      | Service User/Consumer/Person with wellness (singular)                               |
| Tāngata Whaiora                                      | Service Users/Consumers/People with wellness (plural)                               |
| Tangata Whaioranga                                   | Person in recovery  |
| Tangata Whaitakiwātanga                              | Autistic Person   |
| Tangata Whaiwero Maha<br>Person with many challenges | Person with co-existing problems  |
| Tangata Whakawhitiira                                | Transgender person  |
| Tapepanga<br>Dialect variation<br>See also Tapepenga | Lapse   |

| Māori   | English                               |
|---|---------------------------------------|
| <b>Tapepanga</b><br>Dialect variation<br>See also Tapepanga                       | Lapse                                 |
| <b>Tarutaru</b>   | Cannabis<br>Marijuana                 |
| <b>Tautiaki Tānga Manawa</b>  | Respite Care                          |
| <b>Tautoko ā-aropā</b>  | Peer Support                          |
| <b>Taututetute</b>  | Conflict                              |
| <b>Tauwhiro</b>   | Social Worker                         |
| <b>Te Aukati Matahoki</b>   | Relapse Prevention                    |
| <b>Te Hunga Tuarā Tautoko</b>   | Support Workers Collective            |
| <b>Te Piringa Wara Petipeti</b>   | Gambling Addiction (connection)       |
| <b>Te Piringa Wara Waipiro</b>  | Alcohol Addiction (connection)        |
| <b>Te Piringa Wara Whakapōauau</b>  | Drug Addiction (connection)           |
| <b>Te Reo Rongo ā-whatu</b><br>See also Te Reo Turi                               | Sign Language                         |
| <b>Te Reo Turi</b><br>See also Te Reo Rongo ā-whatu                               | Sign Language                         |
| <b>Tioata Whakaihi</b>  | Methamphetamine                       |
| <b>Tohu Māuiui</b><br>Tohu Mate - Illness symptom, Tohu Māuiwi - Disorder symptom | Symptom                               |
| <b>Tohu Māuiui Maunuwara</b>  | Withdrawal Symptoms                   |
| <b>Tōpūtanga Tāngata Whaikaha</b>   | Disability Persons Organisation (DPO) |
| <b>Tou Pīwaiwaka</b><br>See also Tou Pīwakawaka, Tou Tirairaka, Tou Tirakaraka    | Restless                              |
| <b>Tou Pīwakawaka</b><br>See also Tou Pīwaiwaka, Tou Tirairaka, Tou Tirakaraka    | Restless                              |
| <b>Tou Tirairaka</b><br>See also Tou Pīwaiwaka, Tou Pīwakawaka, Tou Tirakaraka    | Restless                              |
| <b>Tou Tirakaraka</b><br>See also Tou Pīwaiwaka, Tou Pīwakawaka, Tou Tirairaka    | Restless                              |
| <b>Tuakiri ā-ahurea</b>   | Cultural Identity                     |

| Māori                  | English            |
|------------------------|--------------------|
| Tuapaemahara           | Alzheimers         |
| Tuhi Matapō            | Braille            |
| Tūhononga ā-ngahau     | Social Networks    |
| Tūnga Waka Whaikaha    | Disability Parking |
| Tūnga Waka Whakatapoko | Accessible Parking |
| Turi                   | Deaf               |

## W

| Māori  | English                          |
|--|----------------------------------|
| Waiaro   | Attitude                         |
| Waikanaetanga<br>See also Āiotanga   | Tranquility<br>Serenity          |
| Waimārie<br>See also Angitu, Momoho  | Success<br>Successful            |
| Waipiro  | Alcohol                          |
| Wairangi   | Mentally Distressed<br>Eccentric |
| Wanatītanga<br>See also Manawaroa  | Resilience                       |
| Waranga  | Addiction                        |
| Warawara (ki)  | Dependency (on)                  |
| Wāteatanga<br>See also Herekorenga   | Liberty<br>Freedom               |
| Whai Wāhi<br>See also Whai Whakaurunga   | Participation                    |
| Whai Whakaurunga<br>See also Whai Wāhi   | Participation                    |
| Whaikaha<br>To have strength, to have ability, otherly abled, enabled. A word created within the Māori disabled community. | Disabled                         |
| Whaioranga   | Recovery                         |
| Whaiwero Maha  | Co-Existing Problems (CEP)       |
| Whakaāio ā-rongo   | Sensory Modulation               |

| Māori   | English   |
|---|---|
| Whakaaro Whakaaau   | Ruminate  |
| Whakaita  | Restrain  |
| Whakamātūtūnga  | Rehabilitation  |
| Whakamimiti Puna Mamae  | Harm Reduction  |
| Whakamomori   | Suicide, to be racked with grief sometimes leading to suicide |
| Whakangā Pahūrehu   | Volatile Substance Misuse                                     |
| Whakangānga   | Inhalants   |
| Whakapakari Pātū ā-rongoā   | Medication Assisted Treatment                                 |
| Whakapōauau   | Drug<br>Narcotic  |
| Whakapōauau Taihara   | Illicit Drugs   |
| Whakapohewa   | Hallucinogen  |
| Whakatapoko<br>Eg - He whare whakatapoko - an accessible building | Access<br>Accessible, Accessibility                           |
| Whakataratahi   | Seclude   |
| Whakatau Māuiui   | Diagnosis   |
| Whakatoihara  | Discrimination  |
| Whakatoihara Kore   | Nondiscrimination   |
| Whānau Whai Ora   | Service User/Consumer Family or Collective                    |
| Whanonga  | Behaviour   |
| Whanonga Auau   | Compulsion  |
| Whare Haumanu   | Clinic (therapy)  |
| Wharepaku Whaikaha  | Disabled Toilet   |
| Wharepaku Whakatapoko   | Accessible Toilet   |