

# 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

English to Māori

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## A

English	Māori
<b>Abstinence</b>	Korekai To not consume, in this context - all forms of drugs/alcohol
<b>Access</b> Accessible, Accessibility	Whakatapoko Eg - He whare whakatapoko - an accessible building
<b>Accessible Parking</b>	Tūnga Waka Whakatapoko
<b>Accessible Toilet</b>	Wharepaku Whakatapoko
<b>Addiction</b>	Waranga
<b>Addictions</b>	Ngā Piringa Wara Emphasising connection as opposed to addiction
<b>Addictions</b>	Ngā Waranga
<b>Addictions Counsellor</b> Addictions Practitioner	Kaiwhakamahereora Waranga
<b>Agoraphobia</b>	Mae Ahoaho
<b>Alcohol</b>	Waipiro
<b>Alcohol Addiction (connection)</b>	Te Piringa Wara Waipiro
<b>Alleviate Distress</b>	Hiki Taumahatanga
<b>Alzheimers</b>	Tuapaemahara
<b>Ambivalence</b> Confusion	Rangirua
<b>Anorexia</b>	Māuiui Whakatiki
<b>Anxiety</b> Anxious	Manawapā
<b>Aromatherapy</b>	Haumanu ā-kakara
<b>Assessment</b>	Aromatawai
<b>Attention Deficit Hyperactivity Disorder (ADHD)</b>	Aroreretini Attention goes to many things
<b>Attitude</b>	Waiaro
<b>Autism</b>	Takiwātanga From 'tōku/tōna anō takiwā' - 'my/his/her own time and space'
<b>Autistic Person</b>	Tangata Whaitakiwātanga

B

English	Māori
Behaviour	Whanonga
Bi-polar Disorder	Māuiui Whaiaro Rua
Blind Person	Tangata Kāpō
Blurred vision Seeing double	Atarua
Braille	Tuhi Matapō
Bulimia	Pukuruaki

C

English	Māori
Calmers	Ngā Whakamahuru Relaxants, sleep and anti-anxiety medications
Cannabis Marijuana	Tarutaru
Care Plan	Mahere Tautiaki
Citizen	Kirirarau
Citizenship	Raraunga
Clinic (therapy)	Whare Haumanu
Cocaine	Kukarau
Co-Existing Problems (CEP)	Whaiwero Maha
Collective Rights	Ngā Tika Takitini
Complex/sophisticated Needs	Oranga Ararau Many pathways to wellbeing
Compulsion	Whanonga Auau
Conflict	Taututetute
Confused	Pōkaikaha
Convulsion Spasm	Hukihuki
Counsellor Practitioner	Kaiwhakamahereora
Cultural Identity	Tuakiri ā-ahurea
Cultural Therapist	Kaituku Haumanu ā-ahurea
Culture	Ahurea

## D

English	Māori
Deaf	Turi
Deaf Culture	Ahurea Turi
Delirious	Kutukutu
Dementia	Korongenge
Dependency (on)	Warawara (ki)
Depressants	Ngā Whakatautō
Depressed Depression	Hākerekere Ngākau Pōuri Pāpōuri
Diagnosis	Whakatau Māuiui
Dignity	Amaru Mana
Disabilites	Ngā Whaikaha
Disability Parking	Tūnga Waka Whaikaha
Disability Persons Organisation (DPO)	Tōpūtanga Tāngata Whaikaha
Disabled	Whaikaha To have strength, to have ability, otherly abled, enabled. A word created within the Māori disabled community.
Disabled Toilet	Wharepaku Whaikaha
Discrimination	Whakatoihara
Disorder	Māuiui
Diversity	Kanorau
Dizzy Giddy	Āmai Ānini Rorohuri
Downs Syndrome	Pūira Kehe Odd numbered chromosome
Drop-In Service	Ratonga Toro Noa Mai
Drug Narcotic	Whakapōauau

English	Māori
Drug Addiction (connection)	Te Piringa Wara Whakapōauau

## E

English	Māori
Emotional Health	Hauora Kare ā-roto Hauora Aurongo
Emotions	Aurongo Kare ā-roto
Epilepsy	Hūkiki
Equality	Mana Ōrite
Ethnic Group	Mātāwaka

## F

English	Māori
Fetal Alcohol Spectrum Disorder	Māuiui Waipiro Pā Piriho
Fundamental Rights	Ngā Tika Tūāpapa

## G

English	Māori
Gambling	Petipeti
Gambling Addiction (connection)	Te Piringa Wara Petipeti
Grief Stress	Tāmitanga Kahu Tara
Group Work	Mahi ā-rōpū

H

English	Māori
Half Deaf	Haurua Turi <small>This term has come from the Deaf Community</small>
Hallucination	Pohewanga
Hallucinogen	Whakapohewa
Harm Reduction	Whakamimiti Puna Mamae
Harmful Gambling	Petipeti Whakararu
Hearing Impaired	Hakiri
High (inebriate)	Hūrori
Human Rights	Ngā Tika Tangata
Hysterical	Keka

I

English	Māori
Illicit Drugs	Whakapōauau Taihara
Illness	Mate
Impulsive	Takahorohoro
Indifferent <small>Moody, Morose</small>	Haumaruru
Inhalants	Whakangānga
Intergenerational Trauma	Pāmamae Heke Iho
Intergenerational Traumatic Stress	Tāmitanga Pāmamae Heke Iho
Intoxicated <small>Drunk</small>	Haurangi

J

English	Māori
Justice	Manatika

L

English	Māori
Lapse	Tapepanga Dialect variation  Tapepenga Dialect variation
Liberty Freedom	Herekorenga Wāteatanga
Lived Experience	Mātau ā-wheako

## M

English	Māori
<b>Make Peace</b> Cement peace (after conflict)	Hohou Rongo
<b>Māori Culture</b>	Ahurea Māori
<b>Medication</b> Medicine	Rongoā
<b>Medication Assisted Treatment</b>	Whakapakari Pātū ā-rongoā
<b>Mental Health</b>	Hauora Hinengaro
<b>Mental Health Challenges</b>	Ngā Wero Hauora Hinengaro Literal - Wero i.e. Challenge  Māuiui Hauora Hinengaro Figurative - Māuiui i.e. 'out of balance'
<b>Mental Health Counsellor</b> Mental Health Practitioner	Kaiwhakamahereora Hinengaro
<b>Mental Health Issues</b>	Ngā Take Hauora Hinengaro
<b>Mental Health Problems</b>	Ngā Raruraru Hauora Hinengaro
<b>Mental Health Unit</b>	Manga Hauora Hinengaro
<b>Mentally Distressed</b> Eccentric	Wairangi
<b>Mentally Ill</b>	Pōrangi
<b>Methamphetamine</b>	Tioata Whakaihi
<b>Mood Disorder</b>	Māuiui Kare ā-roto Māuiui Aurongo
<b>Movement Problem</b> Co-ordination Problem	Raru Kori Tinana
<b>Music Therapy</b>	Haumanu ā-puoro

## N

English	Māori
Neurodiversity	Kanorau ā-roto
Neurological Problem	Raru ā-io
Nondiscrimination	Whakatoihara Kore
Numbness	Matakerekere
Nutritionist	Mātanga Kai Taioira

## O

English	Māori
Obsessive Compulsive Disorder	Māuiui Whakaauau
Occupational Therapist	Kaituku Haumanu Ngangahau
Occupational Therapy	Haumanu Ngangahau
Opioids	Ngā Whakaporehu
Outcomes (changes)	Ngā Rerekētanga

## P

English	Māori
Panic	Maurirere
Paralysis	Iokerewai
Participation	Whai Wāhi Whai Whakaurunga
Pasifika Peoples	Ngā Iwi o Te Moana Nui a Kiwa Ngā Whanaunga o Te Moana Nui a Kiwa Ngāi Moana Nui a Kiwa Ngāi Pasifika
Peace	Rangimārie Rongomau
Peer	Hoa Aropā
Peer Group	Rōpū Aropā
Peer Support	Tautoko ā-aropā
People	Tāngata

English	Māori
People with disabilities	Tāngata Whaikaha
People with Disabilities' Culture	Ahurea Whaikaha
Person	Tangata
Person in recovery	Tangata Whaioranga
(A) Person with an addiction	(He) Pā Waranga
Person with co-existing problems	Tangata Whaiwero Maha Person with many challenges
Person with lived experience	Tangata Mātau ā-wheako
Person with schizophrenia	Tangata Wairua Tuakoi
Personality Identity Disorder	Māuiui Tuakiri
Phobia	Mae
Physical Health	Hauora Tinana
Physiotherapy	Haumanu Korikori
Post Traumatic Stress (PTS)	Tāmitanga Muri Pāmamae
Psyche	Awe Wairua
Psychiatrist	Rata Hauora Hinengaro Tākuta Hauora Hinengaro
Psychologist	Kaimātai Hauora Hinengaro
Psychology	Mātai Hauora Hinengaro
Psychosis	Māuiui Ahotea
Psychotherapist	Kaituku Haumanu Hinengaro

## R

English	Māori
Ramp	Rōnaki
Recovery	Whaioranga
Recovery Capital	Ngā Āwhina Whakaoranga
Refugee	Rerenga
Rehabilitation	Whakamātūtunga
Relapse	Matahoki
Relapse Prevention	Te Aukati Matahoki
Relax	Mauritau
Residential Rehabilitation	Noho Whakamātūtū
Residential Treatment	Noho Whakapakari Pātū (o te Whare Tapawhā) To reinforce the walls of the Whare Tapawhā model of health
Resilience	Manawaroa Wanatītanga
Respite Care	Tautiaki Tānga Manawa
Restless	Tou Pīwakawaka Tou Tirairaka Tou Tirakaraka Tou Pīwaiwaka
Restrain	Whakaita
Ruminate	Whakaaro Whakaauau

## S

English	Māori
Schizophrenia	Māuiui Wairua Tuakoi
Seclude	Whakataratahi
Seclusion and Restraint	Here Taratahi
See unclearly Dim vision	Matarehu
Seizure	Hūkeke

English	Māori
<b>Self-esteem</b> Self-respect, Self-worth	Kiritau
<b>Sensory Modulation</b>	Whakaāio ā-rongo
<b>Service User seeking wellness</b> Consumer seeking wellness, Person seeking wellness	Tangata Whai Ora
<b>Service User/Consumer Family or Collective</b>	Whānau Whai Ora
<b>Service User/Consumer/Person with wellness (singular)</b>	Tangata Whaiora
<b>Service Users/Consumers/People seeking wellness (plural)</b>	Tāngata Whai Ora
<b>Service Users/Consumers/People with wellness (plural)</b>	Tāngata Whaiora
<b>Sexual Abuse</b>	Taitōkai
<b>Sexual Activity</b>	Mahi Onioni
<b>Sexual Orientation</b>	Aronga Hōkaka Aronga Taera
<b>Sexuality</b>	Hōkakatanga Taeratanga
<b>Shame Stress</b>	Tāmitanga Whakamā
<b>Sign Language</b>	Te Reo Turi Te Reo Rongo ā-whatu
<b>Social Life</b>	Mahi Ngahau
<b>Social Networks</b>	Tūhononga ā-ngahau
<b>Social Phobia</b>	Mae Piringa Tangata
<b>Social Worker</b>	Tauwhiro
<b>Specific Phobia</b>	Mae Tauwhāiti
<b>Speech Language Therapists</b>	Kaituku Haumanu Ngutu Tūi
<b>Spiritual Health</b>	Hauora Wairua
<b>Stigma</b>	Poapotaunu
<b>Stimulants</b>	Ngā Whakaihihi

English	Māori
Stoned	Māngina
Strengths and Resilience (as an approach)	Ngā Pātū Tūroa o te Whare Tapawhā
Stress	Tāmitanga
Stress Related Illness	Mate Tāmitanga
Stress Relief (activities)	Ngā Mahi Hiki Tāmitanga
Stresses	Ngā Tāmitanga
Stroke	Roro Ikura
Success Successful	Angitu Momoho Waimārie
Suicide, to be racked with grief sometimes leading to suicide	Whakamomori
Support Group	Rōpū Tautoko
Support Workers	Ngā Tuarā Tautoko
Support Workers Collective	Te Hunga Tuarā Tautoko
Symptom	Tohu Māuiui Tohu Mate - Illness symptom, Tohu Māuiwi - Disorder symptom

T

English	Māori
Therapist	Kaituku Haumanu
Therapy	Haumanu
Tranquility Serenity	Āiotanga Waikanaetanga
Transgender person	Tangata Whakawhitiira
Trauma	Pāmamae
Traumatic Event	Pāmamaetanga
Traumatic Stress	Tāmitanga Pāmamae
Traumatic Stress Disorder	Māuiui Pāmamaetanga
Treatment Plan	Mahere Whakapakari Pātū

U

English	Māori
Universal Rights	Ngā Tika Mā Te Katoa

V

English	Māori
Video Gaming Disorder	Māuiui Tākaro Ataata
Visually Impaired Person	Tangata Matarehu Person with some visual ability
Volatile Substance Misuse	Whakangā Pahūrehu

W

English	Māori
Wellness Plan	Mahere Whai Ora
Williams Syndrome	Manaakiao For more information visit [the New Zealand Williams Syndrome Association](https://williams-syndrome.org.nz/manaakiao.html)
Withdrawal	Maunuwara
Withdrawal Symptoms	Tohu Māuiui Maunuwara
Work Stress	Tāmitanga Mahi
Work Together	Mahi Tahi
Worry	Māharahara