Te Reo Hāpai

The Language of Enrichment

A Maori langauge 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

As at Sunday 15 November 2026 at 1:09 PM

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TE POU

A

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

Ā

Māori	English
Āiotanga See also Waikanaetanga	Tranquility Serenity
Āmai See also Ānini, Rorohuri	Dizzy Giddy
Āmaimai Rongo Kai	Sensory-Based Avoidance of Food
Ānini See also Āmai, Rorohuri	Dizzy Giddy

H

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

Māori	English
Hūkeke	Seizure
Hukihuki	Convulsion Spasm
Hūkiki	Epilepsy
Hūrori	High (inebriate)

I

Māori	English
Iokerewai	Paralysis

K

Māori	English
Kai Whakapiri See also Whakapōauau	Drugs
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 Tūī	Speech Language Therapists
Kaiwhakamahereora	Counsellor Practitioner
Kaiwhakamahereora Hinengaro	Mental Health Counsellor Mental Health Practitioner
Kaiwhakamahereora Waranga	Addictions Counsellor Addictions Practitioner
Kanorau	Diversity
Kanorau ā-roro	Neurodiversity
Kare ā-roto See also Aurongo	Emotions
Kare ā-roto Kōtititiri	Emotion Dysregulation
Karo Kai	Avoidant Restrictive Food Intake Disorder
Keka	Hysterical
Kirirarau	Citizen
Kiritau	Self-esteem Self-respect, Self-worth
Korekai 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
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 See also Amaru	Dignity
Mana Ōrite	Equality
Manaakiao For more information visit [the New Zealand Williams Syndrome Association](https://williams-syndrome.org.nz/manaakiao.html)	Williams Syndrome
Manatika	Justice
Manawapā	Anxiety Anxious
Manawaroa See also Wanatītanga	Resilience
Manga Hauora Hinengaro	Mental Health Unit
Māngina	Stoned
Matahoki	Relapse
Mātai Hauora Hinengaro	Psychology
Matakerekere	Numbness
Mātanga Kai Taiora	Nutritionist

Māori	English
Matarehu	See unclearly Dim vision
Mātau ā-wheako	Lived Experience
Mātāwaka	Ethnic Group
Mate	Illness
Mate Tāmitanga	Stress Related Illness
Māuiui	Disorder
Māuiui Ahotea	Psychosis
Māuiui Aurongo See also Māuiui Kare ā-roto	Mood Disorder
Māuiui Hauora Hinengaro Figurative - Māuiui i.e. 'out of balance' See also Ngā Wero Hauora Hinengaro	Mental Health Challenges
Māuiui Kaihoro	Binge Eating Disorder
Māuiui Kare ā-roto See also Māuiui Aurongo	Mood Disorder
Māuiui Kōtihitihi	Perfectionism
Māuiui Pāmamaetanga	Traumatic Stress Disorder
Māuiui Tākaro Ataata	Video Gaming Disorder
Māuiui Tuakiri	Personality Identity Disorder
Māuiui Waipiro Pā Piriiho	Fetal Alcohol Spectrum Disorder
Māuiui Wairua Tuakoi	Schizophrenia
Māuiui Whaiaro Rua	Bi-polar Disorder
Māuiui Whakaauau	Obsessive Compulsive Disorder
Māuiui Whakatiki	Anorexia
Māuiui Whakatiki	Anorexia Nervosa
Maunuwara	Withdrawal
Maurirere	Panic
Mauritau	Relax

Māori	English
Momoho See also Angitu, Waimārie	Success Successful

N

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

Māori	English
Ngā Whakaporehu	Opioids
Ngā Whakatautō	Depressants
Ngā Whanaunga o Te Moana Nui a Kiwa See also Ngā Iwi o Te Moana Nui a Kiwa, Ngāi Moana Nui a Kiwa, Ngāi Pasifika	Pasifika Peoples
Ngāi Moana Nui a Kiwa See also Ngā Iwi o Te Moana Nui a Kiwa, Ngā Whanaunga o Te Moana Nui a Kiwa, Ngāi Pasifika	Pasifika Peoples
Ngāi Pasifika 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
Ngākau Pōuri See also Hākerekere, Pāpōuri	Depressed Depression
Noho Whakamātūtū	Residential Rehabilitation
Noho Whakapakari Pātū (o te Whare Tapawhā) To reinforce the walls of the Whare Tapawhā model of health	Residential Treatment

O

Māori	English
Oranga Ararau Many pathways to wellbeing	Complex/sophisticated Needs

P

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

R

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

T

Māori	English
Taeratanga See also Hōkakatanga	Sexuality
Tāhuhu Whakahaere-ā-Roro To do with takiwātanga.	Executive Function
Taitōkai	Sexual Abuse
Takahorohoro	Impulsive
Takiwātanga From 'tōku/tōna anō takiwā' - 'my/his/her own time and space'	Autism

Māori	English
Tākuta Hauora Hinengaro See also Rata Hauora Hinengaro	Psychiatrist
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 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 Consumer seeking wellness, Person seeking wellness
Tāngata Whai Ora	Service Users/Consumers/People seeking wellness (plural)
Tāngata Whaikaha	People with disabilities
Tangata Whaikaha ā-Hinengaro	Intellectually Disabled Person
Tāngata Whaikaha ā-Hinengaro	Intellectually Disabled People
Tangata Whaikaha Kore	Non-Disabled Person
Tāngata Whaikaha Kore	Non-Disabled People
Tangata Whaiora	Service User/Consumer/Person with wellness (singular)
Tāngata Whaiora	Service Users/Consumers/People with wellness (plural)

Māori	English
Tangata Whaioranga	Person in recovery
Tangata Whaitakiwātanga	Autistic Person
Tangata Whaitakiwātanga Kore	Non-Autistic Person
Tāngata Whaitakiwātanga Kore	Non-Autistic People
Tangata Whaiwero Maha Person with many challenges	Person with co-existing problems
Tangata Whakawhitiira	Transgender person
Tapepanga Dialect variation See also Tapepenga	Lapse
Tapepenga Dialect variation See also Tapepanga	Lapse
Tarutaru	Cannabis Marijuana
Tautiaki Tānga Manawa	Respite Care
Tautoko ā-aropā	Peer Support
Taututetute	Conflict
Tauwhiro	Social Worker
Te Aukati Matahoki	Relapse Prevention
Te Hunga Tuarā Tautoko	Support Workers Collective
Te Piringa Wara Petipeti	Gambling Addiction (connection)
Te Piringa Wara Waipiro	Alcohol Addiction (connection)
Te Piringa Wara Whakapōauau	Drug Addiction (connection)
Te Reo Rongo ā-whatu See also Te Reo Turi	Sign Language
Te Reo Turi See also Te Reo Rongo ā-whatu	Sign Language
Tioata Whakaihi	Methamphetamine
Tohu Māuiui Tohu Mate - Illness symptom, Tohu Māuiwi - Disorder symptom	Symptom

Māori	English
Tohu Māuiui Maunuwara	Withdrawal Symptoms
Tōpūtanga Tāngata Whaikaha	Disability Persons Organisation (DPO)
Tou Pīwaiwaka See also Tou Pīwakawaka, Tou Tīrairaka, Tou Tīrakaraka	Restless
Tou Pīwakawaka See also Tou Pīwaiwaka, Tou Tīrairaka, Tou Tīrakaraka	Restless
Tou Tīrairaka See also Tou Pīwaiwaka, Tou Pīwakawaka, Tou Tīrakaraka	Restless
Tou Tīrakaraka See also Tou Pīwaiwaka, Tou Pīwakawaka, Tou Tīrairaka	Restless
Tuakiri ā-ahurea	Cultural Identity
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 See also Āiotanga	Tranquility Serenity
Waimārie See also Angitu, Momoho	Success Successful
Waipiro	Alcohol
Wairangi	Mentally Distressed Eccentric
Wanatītanga See also Manawaroa	Resilience
Waranga	Addiction
Warawara (ki)	Dependency (on)

Māori	English
Wāteatanga See also Herekorenga	Liberty Freedom
Wehi ā-Kai	Concern about the Consequences of Eating
Whai Wāhi See also Whai Whakaurunga	Participation
Whai Whakaurunga See also Whai Wāhi	Participation
Whaikaha To have strength, to have ability, otherly abled, enabled. A word created within the Māori disabled community.	Disabled
Whaikaha ā-Hinengaro	Intellectual Disability
Whaioranga	Recovery
Whaiwero Maha	Co-Existing Problems (CEP)
Whakaāio ā-rongo	Sensory Modulation
Whakaaro Whakaauau	Ruminate
Whakaita	Restrain
Whakaiti Pāmamae See also Whakamimiti Puna Mamae, Whakamimiti Puna Mamae	Harm reduction
Whakamātūtūnga	Rehabilitation
Whakamimiti Puna Mamae See also Whakaiti Pāmamae, Whakaiti Pāmamae, 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 Narcotic
Whakapōauau See also Kai Whakapiri	Drugs
Whakapōauau Taihara	Illicit Drugs

Māori	English
Whakapohewa	Hallucinogen
Whakatapoko Eg - He whare whakatapoko - an accessible building	Access Accessible, Accessibility
Whakataratahi	Seclude
Whakatau Māuiui	Diagnosis
Whakatoihara	Discrimination
Whakatoihara Kore	Nondiscrimination
Whakawā Ata	Body Image
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