

# 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

As at Wednesday 12 March 2025 at 5:34 PM

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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> See also Mana	Dignity
<b>Angitu</b> See also Momoho, Waimārie	Success Successful
<b>Aromatawai</b>	Assessment
<b>Aronga Hōkaka</b> See also Aronga Taera	Sexual Orientation
<b>Aronga Taera</b> See also Aronga Hōkaka	Sexual Orientation
<b>Aroreretini</b> Attention goes to many things	Attention Deficit Hyperactivity Disorder (ADHD)
<b>Atarua</b>	Blurred vision Seeing double
<b>Aurongo</b> See also Kare ā-roto	Emotions
<b>Awe Wairua</b>	Psyche

## Ā

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

## H

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

Māori	English
Hukihuki	Convulsion 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 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
Keka	Hysterical
Kirirarau	Citizen
Kiritau	Self-esteem Self-respect, Self-worth
Korekai To not consume, in this context - all forms of drugs/alcohol See also Banana, Kia ora	Abstinence
Korongenge	Dementia
Kukarau	Cocaine
Kutukutu	Delirious

## M

Māori	English
Mae	Phobia
Mae Ahoaho	Agoraphobia

Māori	English
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]( <a href="https://williams-syndrome.org.nz/manaakiao.html">https://williams-syndrome.org.nz/manaakiao.html</a> )	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
Matarehu	See unclearly Dim vision
Mātau ā-wheako	Lived Experience

Māori	English
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 Kare ā-roto See also Māuiui Aurongo	Mood Disorder
Māuiui Pāmamaetanga	Traumatic Stress Disorder
Māuiui Tākaro Ataata	Video Gaming Disorder
Māuiui Tuakiri	Personality 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 See also Angitu, Waimārie	Success Successful

## N

Māori	English
<b>Ngā Āwhina Whakaoranga</b>	Recovery Capital
<b>Ngā Iwi o Te Moana Nui a Kiwa</b> 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> 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> Literal - Wero i.e. Challenge See also Māuiui Hauora Hinengaro	Mental Health Challenges
<b>Ngā Whaikaha</b>	Disabilites
<b>Ngā Whakaihihi</b>	Stimulants
<b>Ngā Whakamahuru</b> 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> 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> 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> 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> See also Hākerekere, Pāpōuri	Depressed Depression
<b>Noho Whakamātūtū</b>	Residential Rehabilitation
<b>Noho Whakapakari Pātū (o te Whare Tapawhā)</b> To reinforce the walls of the Whare Tapawhā model of health	Residential Treatment

## O

Māori	English
<b>Oranga Ararau</b> 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> See also Hākerekere, Ngākau Pōuri	Depressed 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> Odd numbered chromosome	Downs Syndrome
<b>Pukuruaki</b>	Bulimia

## R

Māori	English
<b>Rangimārie</b> See also Rongomau	Peace
<b>Rangirua</b>	Ambivalence Confusion
<b>Raraunga</b>	Citizenship
<b>Raru ā-io</b>	Neurological Problem
<b>Raru Kori Tinana</b>	Movement Problem Co-ordination Problem
<b>Rata Hauora Hinengaro</b> 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 Medicine
<b>Rongomau</b> See also Rangimārie	Peace
<b>Rōpū Aropā</b>	Peer Group
<b>Rōpū Tautoko</b>	Support Group
<b>Roro Ikura</b>	Stroke
<b>Rorohuri</b> See also Āmai, Ānini	Dizzy Giddy

## T

Māori	English
<b>Taeratanga</b> See also Hōkakatanga	Sexuality
<b>Taitōkai</b>	Sexual Abuse
<b>Takahorohoro</b>	Impulsive
<b>Takiwātanga</b> From 'tōku/tōna anō takiwā' - 'my/his/her own time and space'	Autism
<b>Tākuta Hauora Hinengaro</b> 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 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 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 Person with many challenges	Person with co-existing problems
Tangata Whakawhitiira	Transgender person
Tapepanga Dialect variation See also Tapepenga	Lapse

Māori	English
<b>Tapepanga</b> Dialect variation See also Tapepanga	Lapse
<b>Tarutaru</b>	Cannabis 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> See also Te Reo Turi	Sign Language
<b>Te Reo Turi</b> See also Te Reo Rongo ā-whatu	Sign Language
<b>Tioata Whakaihi</b>	Methamphetamine
<b>Tohu Māuiui</b> 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> See also Tou Pīwakawaka, Tou Tirairaka, Tou Tirakaraka	Restless
<b>Tou Pīwakawaka</b> See also Tou Pīwaiwaka, Tou Tirairaka, Tou Tirakaraka	Restless
<b>Tou Tirairaka</b> See also Tou Pīwaiwaka, Tou Pīwakawaka, Tou Tirakaraka	Restless
<b>Tou Tirakaraka</b> 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 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)
Wāteatanga See also Herekorenga	Liberty Freedom
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
Whaioranga	Recovery
Whaiwero Maha	Co-Existing Problems (CEP)
Whakaāio ā-rongo	Sensory Modulation

Māori	English
Whakaaro Whakaaauau	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 Narcotic
Whakapōauau Taihara	Illicit Drugs
Whakapohewa	Hallucinogen
Whakatapoko Eg - He whare whakatapoko - an accessible building	Access 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