

# Te Reo Hāpai

## The Language of Enrichment

- ▶ A Māori language glossary  
for use in the mental health,  
addiction and disability sectors

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



# He Mihi Whakawhetai – Acknowledgements

Kia whai wāhi au i konei ki te mihi atu ki te hunga nā rātou tēnei rauemi i manaaki, i tautoko kia puāwai mai ai.

For their generous gift of time and wisdom on this project I would like extend my heartfelt thanks to:

- » the members of the advisory panel: Professor Sir Mason Durie, Whaene Moe Milne, Nigel Ngahiwi and Hingatū Thompson
- » Te Taura Whiri i te Reo – The Māori Language Commission for funding support
- » Jacob Tapiata and the rūpū waihanga kupu of Te Kunenga ki Pūrehuroa
- » Ōwae Marae and the Manukōrihi Hapū Trustees
- » Matt Frost and Peter Galvin for their insights into autism.

I'd also like to thank all the colleagues, friends and whānau who kindly provided questions, feedback and information.

*Ka nui te mihi ki a koutou katoa*

*Nāku i runga i te ngākau iti,*

*Nā Keri Opai (Te Atiawa, Ngāti Ruanui, Ngāti Te Ata, Waiohūa, Ngāti Porou)*

## Te Pou o te Whakaaro Nui

'Kia ita!'  
*Te Taura Whiri i te Reo Māori*  
MĀORI LANGUAGE COMMISSION



*Mā te Reo, Me te Reo, Mō te Reo*

# Tēnā koutou



This lexicon is important for three reasons. First, it will increase knowledge and appreciation of mental health especially by whānau for whom te reo Māori is a preferred language. The translation of English words into Māori will greatly increase understanding of mental health conditions, symptoms and consequences and in the process will lead to better engagement between whānau and health services. While the conventional language of mental health may be familiar to providers, the terms used to explain those conditions are all too often relatively incomprehensible to many whānau as they are to many others.

Second, this glossary provides yet another opportunity for the promotion of te reo Māori. If te reo is to become a spoken language across all domains then it needs to be seen, heard and utilised in fields where it has been relatively silent. This resource not only recommends Māori words for specific English equivalents, it also illustrates the capacity of one language to unlock complex descriptions used in another, so that meaning and understanding is better conveyed.

Third, the way words are used is important. Often words previously used in a positive sense can acquire negative connotations. In former times, the notion of 'asylum' for example implied a space where comfort, protection and caring prevailed. Later, the same word came to mean an institution where containment, regimentation and involuntary admission prevailed. This vocabulary is especially welcome because it translates words that might carry stigma and discrimination into words that recognise humanity, hope and personal dignity. Patients and 'service users' become people again – tāngata whai ora; people with disabilities become tāngata whaikaha with an emphasis on gaining strength and ability; the somatic effects of anxiety such as palpitations – often the most worrying symptoms – are recognised in the word manawapā. In effect the language of mental health becomes more aligned to the people most concerned rather than to those who provide treatment and care.

The 'Te Reo Hāpai – The Language of Enrichment' lexicon resource represents an important milestone in mental health advancement and is a significant addition to the advancement of te reo Māori in all facets of life in Aotearoa.

*Kia māia*

*Sir Mason Durie KNZM*

# He mana tō te kupu

## – Words have great power

When I began this project, creating Te Reo Hāpai – The Language of Enrichment, the question I was asked mostly was – why? Why create a glossary of te reo Māori terms for use in the mental health, addiction and disability sectors? He aha te painga? – What is the benefit?

My answer was “He mana tō te kupu” – “Words have great power” - a whakataukitanga kōrero (proverbial saying) that our tauheke (elder) of Taranaki, Huirangi Waikerepuru, would often quote. Words have the power to explain, express and define how we understand and experience the world. If our knowledge and use of words is limited, inappropriate, outdated or unclear, this can be inherently conveyed in communicating our understandings and experiences.

Te Reo Hāpai is about enriching language, including ‘words of great power’ in te reo from a strengths base and a mana enhancing Māori worldview for the benefit of tāngata whai ora.

Wherever possible, Te Reo Hāpai combines the lived experience of tāngata whai ora and tāngata whaikaha with clinician and practitioner input. Feedback, information and guidance has also been provided by an expert advisory panel in creating over 200 interpretations for the unique terminology used by the mental health, addiction and disability sectors.

Te Reo Hāpai is by no means a comprehensive word list. More te reo research and creation in these sectors is urgently needed to continue to enhance language used. Space is available in this resource for readers to note iwi, rohe and kaumātua variations and contribute to future growth of Te Reo Hāpai – The Language of Enrichment.

I hope this is useful e hoa mā!

Tēnā rā koutou katoa.

*Nāku noa nei*

*Nā Keri*

# Te Reo Māori *into* English





## A

Ahurea	Culture
Ahurea Māori/Whaikaha/Turi	Māori / People with Disabilities' / Deaf Culture
Āmai, Ānini, Rorohuri	Dizzy, Giddy
Angitu, Momoho, Waimārie	Success, Successful
Aromatawai	Assessment
Aronga Hōkaka, Aronga Taera	Sexual Orientation
Atarua	Blurred vision, seeing double
Awe Wairua	Psyche

## H

Hākerekere, Pāpōuri, Ngākau Pōuri	Depressed, Depression
Hakiri	Hearing Impaired
Haumanu	Therapy
Haumanu ā-kakara	Aromatherapy
Haumanu Korikori	Physiotherapy
Haumanu Ngangahau	Occupational Therapy
Hauora Hinengaro	Mental Health
Hauora Kare ā-roto/Aurongo	Emotional Health
Hauora Tinana	Physical Health
Hauora Wairua	Spiritual Health
Haurangi	Intoxicated, Drunk

Haurua Turi	Half Deaf <sup>1</sup>
Here Taratahi	Seclusion and Restraint
Herekorenga, Wāteatanga	Liberty, Freedom
Hiki Taumahatanga	Alleviate Distress
Hoa Aropā	Peer
Hohou Rongo	Make Peace, Cement Peace (after conflict)
Hōkakatanga, Taeratanga	Sexuality
Hūkeke	Seizure
Hukihuki	Convulsion, Spasm
Hūkiki	Epilepsy
Hūrori	High (inebriate)
Iokerewai	Paralysis
Kaimātai Hauora Hinengaro	Psychologist
Kaituku Haumanu	Therapist
Kaituku Haumanu ā-ahurea	Cultural Therapist
Kaituku Haumanu Hinengaro	Psychotherapist

<sup>1</sup>This term has come from the Deaf community

## K

(CONTINUED)

Kaituku Haumanu Ngangahau	Occupational Therapist
Kaiwhakamahereora	Counsellor / Practitioner
Kaiwhakamahereora Hinengaro	Mental Health Counsellor / Practitioner
Kaiwhakamahereora Waranga	Addictions Counsellor / Practitioner
Kanorau	Diversity
Kare ā-roto, Aurongo	Emotions
Keka	Hysterical
Kirirarau	Citizen
Korekai	Abstinence <sup>2</sup>
Korongenge	Dementia
Kukarau	Cocaine
Kutukutu	Delirious

## M

Mae	Phobia
Mae Ahoaho	Agoraphobia
Mae Piringa Tangata	Social Phobia
Mae Tauwhāiti	Specific Phobia
Māharahara	Worry
Mahere Tautiaki	Care Plan
Mahere Whakapakari Pātū	Treatment Plan

<sup>2</sup> To not consume, in this context - all forms of drugs/alcohol



<b>Mahere Whai Ora</b>	Wellness Plan
<b>Mahi ā-rōpū</b>	Group Work
<b>Mahi Ngahau</b>	Social Life
<b>Mahi Onioni</b>	Sexual Activity
<b>Mahi Tahi</b>	Work Together
<b>Mana, Amaru</b>	Dignity
<b>Mana Ōrite</b>	Equality
<b>Manatika</b>	Justice
<b>Manawapā</b>	Anxiety, Anxious
<b>Manawaroa, Wanatītanga</b>	Resilience
<b>Manga Hauora Hinengaro</b>	Mental Health Unit
<b>Māngina</b>	Stoned
<b>Matahoki</b>	Relapse
<b>Mātai Hauora Hinengaro</b>	Psychology
<b>Matakerekere</b>	Numbness
<b>Mātanga Kai Taiora</b>	Nutritionist
<b>Matarehu</b>	See unclearly, dim vision
<b>Mātau ā-wheako</b>	Lived Experience
<b>Mātāwaka</b>	Ethnic Group
<b>Mate</b>	Illness
<b>Mate Tāmitanga</b>	Stress Related Illness

M

(CONTINUED)

Māuiui	Disorder, Unwellness
Māuiui Ahotēa	Psychosis
Māuiui Kare ā-roto/Aurongo	Mood Disorder
Māuiui Pāmamaetanga	Traumatic Stress Disorder
Māuiui Tuakiri	Personality/Identity 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

N

Ngā Āwhina Whakaoranga	Recovery Capital
Ngāi Iwi/Whanaunga o Te Moana Nui a Kiwa, Ngāi Moana Nui a Kiwa, Ngāi Pasifika	Pasifika Peoples
Ngā Mahi Hiki Tāmitanga	Stress Relief (activities)
Ngā Pātū Tūroa o te Whare Tapawhā	Strengths and Resilience (as an approach)

<sup>3</sup>Emphasising connection as opposed to addiction





# N

(CONTINUED)

Ngā Piringa Wara	Addictions <sup>3</sup>
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 Waranga	Addictions
Ngā Wero Hauora Hinengaro	Mental Health Challenges
Ngā Whaikaha	Disabilities
Ngā Whakaihihi	Stimulants
Ngā Whakamahuru	Calmers <sup>4</sup>
Ngā Whakaporehu	Opioids
Ngā Whakatautō	Depressants
Noho Whakamātūtū	Residential Rehabilitation
Noho Whakapakari Pātū (o te Whare Tapawhā)	Residential Treatment <sup>5</sup>

<sup>4</sup> Relaxants, sleep and anti-anxiety medications

<sup>5</sup> To reinforce the walls of the Whare Tapawhā model of health

## P

(He) Pā Waranga (A) Person with an addiction

Pāmamae Trauma

Pāmamae Heke Iho Intergenerational Trauma

Pāmamaetanga Traumatic Event

Petipeti Gambling

Petipeti Whakararu Harmful Gambling

Poapootaunu Stigma

Pōhewanga Hallucination

Pōkaikaha Confused

Pōrangī Mentally Ill

Pukuruaki Bulimia

## R

Rangimārie, Rongomau Peace

Rangirua Ambivalence, Confusion

Raraunga Citizenship

Raru ā-io Neurological Problem

Raru Kori Tinana Movement / Co-ordination Problem

Rata/Tākuta <sup>6</sup> Hauora Hinengaro Psychiatrist

Ratonga Toro Noa Mai Drop-In Service

<sup>6</sup> Dialect variations



# R

(CONTINUED)

Rerenga	Refugee
Rōnaki	Ramp
Rongoā	Medication, Medicine
Rōpū Aropā	Peer Group
Rōpū Tautoko	Support Group
Roro Ikura	Stroke

# T

Taitōkai	Sexual Abuse
Takahorohoro	Impulsive
Takiwātanga	Autism <sup>7</sup>
Tāmitanga	Stress
Tāmitanga Kahu Tara	Grief Stress
Tāmitanga Mahi	Work Stress
Tāmitanga Pāmamae	Traumatic Stress
Tāmitanga Pāmamae Heke Iho	Intergenerational Traumatic Stress
Tāmitanga Whakamā	Shame Stress
Tangata	Person
Tāngata	People
Tangata Kāpō	Blind Person

<sup>7</sup> From 'tōku / tōna anō takiwā' – 'my / his / her own time and space'

<b>Tangata Matarehu</b>	Visually Impaired Person <sup>8</sup>
<b>Tangata Mātau ā-wheako</b>	Person with lived experience
<b>Tangata Wairua Tuakoi</b>	Person with schizophrenia
<b>Tāngata Whaikaha</b>	People with disabilities
<b>Tangata Whai Ora</b>	Service User / Consumer / Person seeking wellness (singular)
<b>Tāngata Whai Ora</b>	Service Users / Consumers / People seeking wellness (plural)
<b>Tangata Whaiora</b>	Service User / Consumer / Person with wellness (singular)
<b>Tāngata Whaiora</b>	Service Users / Consumers / People with wellness (plural)
<b>Tangata Whaioranga</b>	Person in recovery
<b>Tangata Whaitakiwātanga</b>	Autistic person
<b>Tangata Whaiwero Maha</b>	Person with co-existing problems <sup>9</sup>
<b>Tapepanga/Tapepenga</b>	Lapse <sup>10</sup>
<b>Tarutaru</b>	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 Piringa Wara Petipeti</b>	Gambling Addiction (connection)
<b>Te Piringa Wara Waipiro</b>	Alcohol Addiction (connection)

<sup>8</sup> Person with some visual ability

<sup>9</sup> Person with many challenges

<sup>10</sup> Dialect variations

T  
(CONTINUED)

Te Piringa Wara Whakapōauau	Drug Addiction (connection)
Te Reo Turi/Rongo ā-whatu	Sign Language
Tioata Whakaihi	Methamphetamine
Tohu Māuiui	Symptom <sup>11</sup>
Tohu Māuiui Maunuwara	Withdrawal Symptoms
Tōpūtanga Tāngata Whaikaha	Disabled Persons Organisation (DPO)
Tou Pīwaiwaka / Pīwakawaka / Tīrairaka / Tīrakaraka	Restless <sup>12</sup>
Tuapaemahara	Alzheimers
Tuhi Matapō	Braille
Tūhononga ā-ngahau	Social Networks
Tūnga Waka Whaikaha	Disability Parking
Tūnga Waka Whakatapoko	Accessible Parking
Turi	Deaf

<sup>11</sup> Tohu Mate – Illness Symptom, Tohu Māuiui – Disorder Symptom

<sup>12</sup> Dialect variations

## W

Waiaro	Attitude
Waikanaetanga, Āiotanga	Peace, Tranquility, Serenity
Waipiro	Alcohol
Wairangi	Mentally Distressed, Eccentric
Waranga	Addiction
Warawara (ki)	Dependency (on)
Whai Wāhi/Whakaurunga	Participation
Whaikaha	Disabled <sup>13</sup>
Whaioranga	Recovery
Whaiwero Maha	Co-Existing Problems (CEP)
Whakaāio ā-rongo	Sensory Modulation
Whakaaro Whakaaauu	Ruminate
Whakaita	Restrain
Whakamātūtunga	Rehabilitation
Whakamimiti Puna Mamae	Harm Reduction
Whakamomori	Suicide, to be racked with grief sometimes leading to suicide
Whakangā Pahūrehu	Volatile Substance Misuse
Whakangānga	Inhalants

<sup>13</sup> To have strength, to have ability, otherly abled, enabled.  
A word created within the Māori disabled community.

## W

(CONTINUED)

Whakapakari Pātū ā-rongoā	Medication Assisted Treatment
Whakapōauau	Drug, Narcotic
Whakapōauau Taihara	Illicit Drugs
Whakapōhewa	Hallucinogen
Whakatapoko	Access / Accessible / Accessibility <sup>14</sup>
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

<sup>14</sup> Eg - He whare whakatapoko – an accessible building









# English *into* Te Reo Māori



# A

<b>Abstinence</b>	Korekai <sup>15</sup>
<b>Access/Accessible/Accessibility</b>	Whakatapoko <sup>16</sup>
<b>Accessible Parking</b>	Tūnga Waka Whakatapoko
<b>Accessible Toilet</b>	Wharepaku Whakatapoko
<b>Addiction</b>	Waranga
<b>Addictions</b>	Ngā Piringa Wara <sup>17</sup>
<b>Addictions</b>	Ngā Waranga
<b>Addictions Counsellor/Practitioner</b>	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, Confusion</b>	Rangirua
<b>Anorexia</b>	Māuiui Whakatiki
<b>Anxiety, Anxious</b>	Manawapā
<b>Aromatherapy</b>	Haumanu ā-kakara
<b>Assessment</b>	Aromatawai
<b>Attitude</b>	Waiao

<sup>15</sup> To not consume, in this context - all forms of drugs/alcohol

<sup>16</sup> Eg - He whare whakatapoko – an accessible building

<sup>17</sup> Emphasising connection as opposed to addiction

<b>Autism</b>	Takiwātanga <sup>18</sup>
<b>Autistic Person</b>	Tangata Whaitakiwātanga
<b>Behaviour</b>	Whanonga
<b>Bi-polar Disorder</b>	Māuiui Whaiaro Rua
<b>Blind Person</b>	Tangata Kāpō
<b>Blurred vision, seeing double</b>	Atarua
<b>Braille</b>	Tuhi Matapō
<b>Bulimia</b>	Pukuruaki
<b>Calmers</b>	Ngā Whakamahuru <sup>19</sup>
<b>Care Plan</b>	Mahere Tautiaki
<b>Citizen</b>	Kirirarau
<b>Citizenship</b>	Raraunga
<b>Clinic (therapy)</b>	Whare Haumanu
<b>Cocaine</b>	Kukarau
<b>Co-Existing Problems (CEP)</b>	Whaiwero Maha

<sup>18</sup> From 'tōku/tōna anō takiwā' – 'my/his/her own time and space'

<sup>19</sup> Relaxants, sleep and anti-anxiety medications



# C

(CONTINUED)

Collective Rights	Ngā Tika Takitini
Compulsion	Whanonga Auau
Conflict	Taututetute
Confused	Pōkaikaha
Convulsion, Spasm	Hukihuki
Counsellor/Practitioner	Kaiwhakamahereora
Cultural Therapist	Kaituku Haumanu ā-ahurea
Culture	Ahurea

# D

Deaf	Turi
Delirious	Kutukutu
Dementia	Korongenge
Dependency (on)	Warawara (ki)
Depressants	Ngā Whakatautō
Depressed, Depression	Hākerekere, Pāpōuri, Ngākau Pōuri
Diagnosis	Whakatau Māuiui
Dignity	Mana, Amaru
Disabilities	Ngā Whaikaha
Disability Parking	Tūnga Waka Whaikaha
Disabled	Whaikaha <sup>20</sup>

<b>Disabled Persons Organisation (DPO)</b>	Tōpūtanga Tāngata Whaikaha
<b>Disabled Toilet</b>	Wharepaku Whaikaha
<b>Discrimination</b>	Whakatoihara
<b>Disorder, Unwellness</b>	Māuiui
<b>Diversity</b>	Kanorau
<b>Dizzy, Giddy</b>	Āmai, Ānini, Rorohuri
<b>Drop-In Service</b>	Ratonga Toro Noa Mai
<b>Drug, Narcotic</b>	Whakapōauau
<b>Drug Addiction (connection)</b>	Te Piringa Wara Whakapōauau

<b>Emotional Health</b>	Hauora Kare ā-roto / Aurongo
<b>Emotions</b>	Kare ā-roto, Aurongo
<b>Epilepsy</b>	Hūkiki
<b>Equality</b>	Mana Ōrite
<b>Ethnic Group</b>	Mātāwaka

<b>Fundamental Rights</b>	Ngā Tika Tūāpapa
---------------------------	------------------

<sup>20</sup> To have strength, to have ability, otherly abled, enabled.  
A word created within the Māori disabled community

E

F

# G

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

# H

Half Deaf	Haurua Turi <sup>21</sup>
Hallucination	Pōhewanga
Hallucinogen	Whakapōhewa
Harm Reduction	Whakamimiti Puna Mamae
Harmful Gambling	Petipeti Whakararu
Hearing Impaired	Hakiri
High (inebriate)	Hūrori
Human Rights	Ngā Tika Tangata
Hysterical	Keka

# I

Illicit Drugs	Whakapōauau Taihara
Illness	Mate
Impulsive	Takahorohoro
Inhalants	Whakangānga

<sup>21</sup> This term has come from the Deaf Community

<b>Intergenerational Trauma</b>	Pāmamae Heke Iho
<b>Intergenerational Traumatic Stress</b>	Tāmitanga Pāmamae Heke Iho
<b>Intoxicated, Drunk</b>	Haurangi
<b>Justice</b>	Manatika
<b>Lapse</b>	Tapepanga/Tapepenga <sup>22</sup>
<b>Liberty, Freedom</b>	Herekorenga, Wāteatanga
<b>Lived Experience</b>	Mātau ā-wheako
<b>Make Peace, Cement Peace (after conflict)</b>	Hohou Rongo
<b>Māori / People with Disabilities' / Deaf Culture</b>	Ahurea Māori / Whaikaha / Turi
<b>Marijuana</b>	Tarutaru
<b>Medication, Medicine</b>	Rongoā
<b>Medication Assisted Treatment</b>	Whakapakari Pātū ā-rongoā

<sup>22</sup> Dialect variations

# M

(CONTINUED)

<b>Mental Health</b>	Hauora Hinengaro
<b>Mental Health Challenges</b>	Ngā Wero Hauora Hinengaro
<b>Mental Health Counsellor / Practitioner</b>	Kaiwhakamahereora Hinengaro
<b>Mental Health Issues</b>	Ngā Take Hauora Hinengaro
<b>Mental Health Problems</b>	Ngā Raruru Hauora Hinengaro
<b>Mental Health Unit</b>	Manga Hauora Hinengaro
<b>Mentally Distressed, Eccentric</b>	Wairangi
<b>Mentally Ill</b>	Pōrangi
<b>Methamphetamine</b>	Tioata Whakaihi
<b>Mood Disorder</b>	Māuiui Kare ā-roto / Aurongo
<b>Movement / Co-ordination Problem</b>	Raru Kori Tinana

# N

<b>Neurological Problem</b>	Raru ā-io
<b>Nondiscrimination</b>	Whakatoihara Kore
<b>Numbness</b>	Matakerekere
<b>Nutritionist</b>	Mātanga Kai Taiora



O



P



Obsessive Compulsive Disorder	Māuiui Whakaauau
Occupational Therapist	Kaituku Haumanu Ngangahau
Occupational Therapy	Haumanu Ngangahau
Opioids	Ngā Whakaporehu
Outcomes (changes)	Ngā Rerekētanga
Panic	Maurirere
Paralysis	Iokerewai
Participation	Whai Wāhi/Whakaurunga
Pasifika Peoples	Ngā Iwi / Whanaunga o Te Moana Nui a Kiwa, Ngāi Moana Nui a Kiwa, Ngāi Pasifika
Peace	Rangimārie, Rongomau
Peace, Tranquility, Serenity	Waikanaetanga, Āiotanga
Peer	Hoa Aropā
Peer Group	Rōpū Aropā
Peer Support	Tautoko ā-aropā
People	Tāngata
People with disabilities	Tāngata Whaikaha
Person	Tangata



**P**  
(CONTINUED)

Person in recovery	Tangata Whaioranga
(A) Person with an addiction	(He) Pā Waranga
Person with co-existing problems	Tangata Whaiwero Maha <sup>23</sup>
Person with lived experience	Tangata Mātau ā-wheako
Person with schizophrenia	Tangata Wairua Tuakoi
Personality / Identity Disorder	Māuiui Tuakiri

<sup>23</sup> Person with many challenges

<b>Phobia</b>	Mae
<b>Physical Health</b>	Hauora Tinana
<b>Physiotherapy</b>	Haumanu Korikori
<b>Psyche</b>	Awe Wairua
<b>Psychiatrist</b>	Rata / Tākuta Hauora Hinengaro <sup>24</sup>
<b>Psychologist</b>	Kaimātai Hauora Hinengaro
<b>Psychology</b>	Mātai Hauora Hinengaro
<b>Psychosis</b>	Māuiui Ahotea
<b>Psychotherapist</b>	Kaituku Haumanu Hinengaro
<b>Ramp</b>	Rōnaki
<b>Recovery</b>	Whaioranga
<b>Recovery Capital</b>	Ngā Āwhina Whakaoranga
<b>Refugee</b>	Rerenga
<b>Rehabilitation</b>	Whakamātūtunga
<b>Relapse</b>	Matahoki
<b>Relapse Prevention</b>	Te Aukati Matahoki
<b>Relax</b>	Mauritau
<b>Residential Rehabilitation</b>	Noho Whakamātūtū

<sup>24</sup> Dialect variations

R

R  
(CONTINUED)

<b>Residential Treatment</b>	Noho Whakapakari Pātū (o te Whare Tapawhā) <sup>25</sup>
<b>Resilience</b>	Manawaroa, Wanatītanga
<b>Respite Care</b>	Tautiaki Tānga Manawa
<b>Restless</b>	Tou Pīwaiwaka / Pīwakawaka / Tirairaka / Tirakaraka <sup>26</sup>
<b>Restrain</b>	Whakaita
<b>Ruminate</b>	Whakaaro Whakaauau

S

<b>Schizophrenia</b>	Māuiui Wairua Tuakoi
<b>Seclude</b>	Whakataratahi
<b>Seclusion and Restraint</b>	Here Taratahi
<b>See unclearly, dim vision</b>	Matarehu
<b>Seizure</b>	Hūkeke
<b>Sensory Modulation</b>	Whakaāio ā-rongo
<b>Service User / Consumer / Person seeking wellness (singular)</b>	Tangata Whai Ora
<b>Service User / Consumer / Person with wellness (singular)</b>	Tangata Whaiora

<sup>25</sup> To reinforce the walls of the Whare Tapawhā model of health

<sup>26</sup> Dialect variations

<b>Service Users / Consumers / People seeking wellness (plural)</b>	Tāngata Whai Ora
<b>Service Users / Consumers / People with wellness (plural)</b>	Tāngata Whaiora
<b>Service User / Consumer Family or Collective</b>	Whānau Whai Ora
<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/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>Spiritual Health</b>	Hauora Wairua
<b>Stigma</b>	Poapoataunu
<b>Stimulants</b>	Ngā Whakaihihi

S  
(CONTINUED)

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
Symptom	Tohu Māuiui <sup>27</sup>

T

Therapist	Kaituku Haumanu
Therapy	Haumanu
Trauma	Pāmamae
Traumatic Event	Pāmamaetanga
Traumatic Stress	Tāmitanga Pāmamae

<sup>27</sup> Tohu Mate – Illness Symptom, Tohu Māuiui – Disorder Symptom

Traumatic Stress Disorder	Māuiui Pāmamaetanga
Treatment Plan	Mahere Whakapakari Pātū
Universal Rights	Ngā Tika Mā Te Katoa
Visually Impaired Person	Tangata Matarehu <sup>28</sup>
Volatile Substance Misuse	Whakangā Pahūrehu
Wellness Plan	Mahere Whai Ora
Withdrawal	Maunuwara
Withdrawal Symptoms	Tohu Māuiui Maunuwara
Work Stress	Tāmitanga Mahi
Work Together	Mahi Tahi
Worry	Māharahara

<sup>28</sup> Person with some visual ability

U

V

W

# Whakataukī, Kīanga, Kīwaha – Phrases and Proverbs

Ahakoā he aha te rākau he hua kei roto	No matter the species of tree each bears its own unique fruit—Celebrate diversity.
E pēhea ana tō ngākau / whatumanawa i tēnei wā? <sup>29</sup>	How are you feeling at this time?
Ehara te Tiriti i te mea hei whakataunga. Me whakahōnore kē!	The Treaty of Waitangi is not for settling. It is for honouring!
He āwhina, he aroha ngā miro tuitui i ngā haehaetanga a te mate	Love and support knit together the lacerations of anguish.
Iti nei, iti nei	Take small steps to achieve your goals.
Ka whati te tī, ka wana te tī, ka rito te tī	When the tī kōuka (Cabbage) tree is destroyed, it builds its inner strength, then begins to grow again – Resilience.
Kaua tātou e rapu hapa. Me rapu hāpai kē!	Let's not seek out mistakes. Let's instead seek support and encouragement!
Mā mātou anō mātou e kōrero e hoa mā!	Friends, nothing about us without us!
Me mahi tahi tātou	Let's all work together.
Me mutu te whakawā haere!	Let's stop judging others!
Tū pakari tonu mai e te Whare Tapawhā!	Let the house of health and well-being stand strong!
Tukuna ngā roimata kia heke, whiua te hūpē, ka haruru te tapuwae ki te marae, ka ea, ka ea	Express your emotions, let tears flow and mucus run and gather together for support and recovery.
Whāia te hauora hinengaro kia puāwai ai te hauora tangata	There is no health without mental health.

<sup>29</sup> Dialect variations for 'seat of emotions'







This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

