

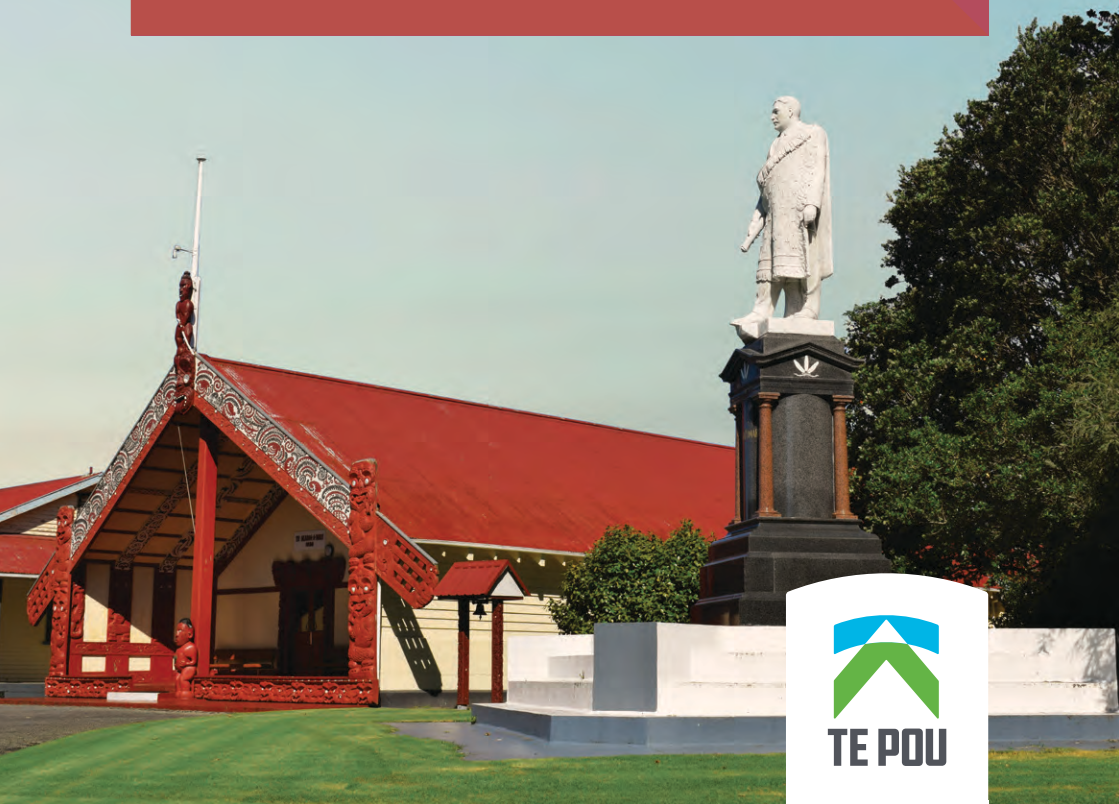
Te Reo Hāpai

The Language of Enrichment

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

Nā Keri Opai | Te Pou

THIRD EDITION



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.

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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, Waiohua, Ngāti Porou)



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
Āmaimai Rongo Kai	Sensory-based avoidance of food
Angitu, Momoho, Waimārie	Success, successful
Arokore Kai	Low interest in eating
Aromatawai	Assessment
Aronga Hōkaka, Aronga Taera	Sexual orientation
Atarua	Blurred vision, seeing double
Aroreretini (Attention goes to many things)	Attention deficit hyperactivity disorder (ADHD)
Awe Wairua	Psyche

H

Hākerekere, Pāpōuri, Ngākau Pōuri	Depressed, depression
Hakiri	Hearing impaired
Haumaruru	Indifferent, moody, morose
Haumanu	Therapy
Haumanu ā-kakara	Aromatherapy
Haumanu ā-puoro	Music therapy
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 ¹
Here Taratahi	Seclusion and restraint
Herekorenga, Wāteatanga	Liberty, freedom
Hiki Taumahatanga	Alleviate distress
Hoa Aropā	Peer
Hohou Rongo	Make peace, cement peace (after conflict)
Hōkai Nukurangi	Cerebral Palsy
Hōkakatanga, Taeratanga	Sexuality
Hūkeke	Seizure
Hukihuki	Convulsion, spasm
Hūkiki	Epilepsy
Hūrori	High (inebriate)
Iokerewai	Paralysis
Kai Whakapiri, Whakapōauau	Drugs
Kaimātai Hauora Hinengaro	Psychologist
Kaituku Haumanu	Therapist
Kaituku Haumanu ā-ahurea	Cultural therapist

¹This word has come from the Māori deaf community

K

(Continued)

Kaituku Haumanu Hinengaro	Psychotherapist
Kaituku Haumanu Ngangahau	Occupational therapist
Kaituku Haumanu Ngutu Tūi	Speech language therapists
Kaiwhakamahereora	Counsellor/practitioner
Kaiwhakamahereora Hinengaro	Mental health counsellor/practitioner
Kaiwhakamahereora Waranga	Addictions counsellor/practitioner
Kanorau	Diversity
Kanorau ā-roto	Neurodiversity
Kare ā-roto, Aurongo	Emotions
Kare ā-roto Kōtitititi	Emotion dysregulation
Karo Kai	Avoidant restrictive food intake disorder
Keka	Highly agitated
Kirirarau	Citizen
Kiritau	Self-esteem, Self-respect, Self-worth
Korekai	Abstinence ²
Korongenge	Dementia
Kukarau	Cocaine
Kutukutu	Delirious

M

Mae	Phobia
Mae Ahoaho	Agoraphobia
Mae Piringa Tangata	Social phobia
Mae Tauwhāiti	Specific phobia

² Not to consume. In this context, all forms of drugs/alcohol

Māharahara	Worry
Mahere Tautiaki	Care plan
Mahere Whakapakari Pātū	Treatment plan
Mahere Whai Ora	Wellness plan
Mahi ā-rōpū	Group work
Mahi Ngahau	Social Life
Mahi Onioni	Sexual activity
Mahi Tahi	Work together
Manaakiao	Williams Syndrome ³
Mana, Amaru	Dignity
Mana Ōrite	Equality
Manatika	Justice
Manawapā	Anxiety, anxious
Manawaroa, 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
Mātāwaka	Ethnic group

³ narrative: <https://williams-syndrome.org.nz/manaakiao.html>

M

(Continued)

Mate	Illness
Mate Tāmitanga	Stress related illness
Māuiui	Disorder, unwellness
Māuiui Ahotea	Psychosis
Māuiui Hauora Hinengaro	Mental health challenges
Māuiui Kaihoru	Binge eating disorder
Māuiui Kare ā-roto/Aurongo	Mood disorder
Māuiui Kōtīhitihi	Perfectionism
Māuiui Pāmamaetanga	Traumatic stress disorder
Māuiui Tākaro Ataata	Video gaming disorder
Māuiui Tuakiri	Personality/identity disorder
Māuiui Wairua Tuakoi	Schizophrenia
Māuiui Waipiro Pā Piriho	Fetal alcohol spectrum disorder (FASD)
Māuiui Whaiaro Rua	Bi-polar disorder
Māuiui Whakaaau	Obsessive-compulsive disorder
Māuiui Whakatiki	Anorexia nervosa
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

Continued on the next page



N

(Continued)

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	Addictions ⁴
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	Mental health challenges
Ngā Whaikaha	Disabilities
Ngā Whakaihihi	Stimulants
Ngā Whakamahuru	Calmers ⁵
Ngā Whakaporehu	Opioids
Ngā Whakatautō	Depressants
Noho Whakamātūtū	Residential rehabilitation
Noho Whakapakari Pātū (o te Whare Tapawhā)	Residential treatment ⁶

⁴ Emphasising connection as opposed to addiction

⁵ Relaxants, sleep and anti-anxiety medications

⁶ To reinforce the walls of the Whare Tapawhā model of health

Oranga Ararau	Complex/sophisticated needs (Many pathways to wellbeing)
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O

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

Pāmamae	Trauma
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Pāmamae Heke Iho	Intergenerational trauma
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Pāmamaetanga	Traumatic event
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Petipeti	Gambling
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Petipeti Whakararu	Harmful gambling
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Poapoataunu	Stigma
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Pōhewanga	Hallucination
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Pōkaikaha	Confused
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Pōrangi	Mentally ill
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Pūira Kehe (Odd numbered chromosome)	Down syndrome
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Pukuruaki	Bulimia nervosa
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Rangimārie, Rongomau	Peace
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R

Rangirua	Ambivalence, confusion
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Raraunga	Citizenship
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Raru ā-io	Neurological problem
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Raru Kori Tinana	Movement/co-ordination problem
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R

(Continued)

Rata/Tākuta⁷ Hauora Hinengaro	Psychiatrist
Ratonga Toro Noa Mai	Drop-in service
Reenga	Refugee
Rōnaki	Ramp
Rongoā	Medication, medicine
Rōpū Aropā	Peer group
Rōpū Tautoko	Support group
Roro Ikura	Stroke

T

Tāhuhu Whakahaere-ā-Roro	Executive Function
Taitōkai	Sexual abuse
Takahorohoro	Impulsive
Takiwātanga	Autism ⁸
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

⁷ Dialect variations

⁸ From 'tōku/tōna anō takiwā' – 'my/his/her own time and space'

Tangata Kāpō	Blind person
Tangata Matarehu	Visually-impaired person ⁹
Tangata Mātau ā-wheako	Person with lived experience
Tangata Wairua Tuakoi	Person with schizophrenia
Tāngata Whaikaha	People with disabilities
Tangata Whaikaha ā-hinengaro	Intellectually disabled person
Tāngata Whaikaha ā-hinengaro	Intellectually disabled people
Tangata Whai Ora	Service user/consumer/person seeking wellness (singular)
Tāngata Whai Ora	Service users/consumers/people seeking wellness (plural)
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 co-existing problems ¹⁰
Tangata Whakawhitiira	Transgender person
Tapepanga / Tapepenga¹¹	Lapse
Tarutaru	Marijuana
Tautiaki Tānga Manawa	Respite care
Tautoko ā-aropā	Peer support
Taututetute	Conflict

⁹ Person with some visual ability

¹⁰ Person with many challenges

¹¹ Dialect variations

T

(Continued)

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 Turi/Rongo ā-whatu	Sign language
Tioata Whakaihi	Methamphetamine
Tohu Māiui	Symptom ¹²
Tohu Māiui Maunuwara	Withdrawal symptoms
Tōpūtanga Tāngata Whaikaha	Disabled Persons Organisation (DPO)
Tou Pīwaiwaka/Pīwakawaka/ Tīrairaka/Tīrakaraka	Restless ¹³
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

Waiaro	Attitude
Waikanaetanga, Āiotanga	Peace, tranquility, serenity
Waipiro	Alcohol

¹² Tohu Mate – Illness Symptom, Tohu Māiui – Disorder Symptom

¹³ Dialect variations

Wairangi	Mentally distressed, eccentric
Waranga	Addiction
Warawara (ki)	Dependency (on)
Wehi ā-kai	Concern about the consequences of eating
Whai Wāhi/Whakaurunga	Participation
Whaikaha	Disabled ¹⁴
Whaikaha ā-hinengaro	Intellectual Disability
Whaioranga	Recovery
Whaiwero Maha	Co-existing problems (CEP)
Whakaāio ā-rongo	Sensory modulation
Whakaaro Whakaaau	Ruminate
Whakaita	Restrain
Whakaiti Pāmamae, Whakamimiti Puna Mamae	Harm reduction
Whakamātūtunga	Rehabilitation
Whakamimiti Puna Mamae	Harm reduction
Whakamomori	Suicide, to be consumed 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

¹⁴ To have strength, to have ability, otherly abled, enabled. A word created within the Māori disabled community.

W

(Continued)

Whakapōhewa	Hallucinogen
Whakatapoko	Access/accessible/accessibility ¹⁵
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

¹⁵ Eg He whare whakatapoko – an accessible building.





English *into* Te Reo Māori



A

Abstinence	Korekai ¹⁶
Access/accessible/accessibility	Whakatapoko ¹⁷
Accessible parking	Tūnga Waka Whakatapoko
Accessible toilet	Wharepaku Whakatapoko
Addiction	Waranga
Addictions	Ngā Piringa Wara ¹⁸
Addictions	Ngā Waranga
Addictions counsellor/practitioner	Kaiwhakamahereora Waranga
Agoraphobia	Mae Ahoaho
Alcohol	Waipiro
Alcohol addiction (connection)	Te Piringa Wara Waipiro
Alleviate distress	Hiki Taumahatanga
Alzheimers	Tuapaemahara
Ambivalence, confusion	Rangirua
Anorexia Nervosa	Māuiui Whakatiki
Anxiety, anxious	Manawapā
Aromatherapy	Haumanu ā-kakara
Assessment	Aromatawai
Attention deficit hyperactivity disorder (ADHD)	Aroreretini (Attention goes to many things)
Attitude	Waiaro

¹⁶ Not to consume. In this context, all forms of drugs/alcohol

¹⁷ Eg – He whare whakatapoko – an accessible building

¹⁸ Emphasising connection as opposed to addiction

Autism	Takiwātanga ¹⁹
Autistic person	Tangata Whaitakiwātanga
Avoidant restrictive food intake disorder	Karo kai
Behaviour	Whanonga
Binge eating disorder	Māuiui kaihorō
Bi-polar disorder	Māuiui Whaiaro Rua
Blind person	Tangata Kāpō
Blurred vision, seeing double	Atarua
Body image	Whakawā ata
Braille	Tuhi Matapō
Bulimia nervosa	Pukuruaki
Calmers	Ngā Whakamahuru ²⁰
Care plan	Mahere Tautiaki
Cerebral Palsy	Hōkai Nukurangi
Citizen	Kirirarau
Citizenship	Raraunga
Clinic (therapy)	Whare Haumanu
Cocaine	Kukarau
Co-existing problems (CEP)	Whaiwero Maha
Collective rights	Ngā Tika Takitini

B

C

¹⁹ From 'tōku/tōna anō takiwā' – 'my/his/her own time and space'

²⁰ Relaxants, sleep and anti-anxiety medications

C

(Continued)

Compulsion	Whanonga Auau
Complex/sophisticated needs	Oranga Ararau (Many pathways to wellbeing)
Concern about the consequences of eating	Wehi ā-kai
Conflict	Taututetute
Confused	Pōkaikaha
Convulsion, spasm	Hukihuki
Counsellor/practitioner	Kaiwhakamahereora
Cultural therapist	Kaituku Haumanu ā-ahurea
Culture	Ahurea
Cultural identity	Tuakiri ā-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

²¹ To have strength, to have ability, otherly abled, enabled. A word created within the Māori disabled community.

D

(Continued)

Disabled	Whaikaha ²¹
Disabled Persons Organisation (DPO)	Tōpūtanga Tāngata Whaikaha
Disabled toilet	Wharepaku Whaikaha
Discrimination	Whakatoihara
Disorder, unwellness	Māuiui
Diversity	Kanorau
Dizzy, giddy	Āmai, Ānini, Rorohuri
Down syndrome	Pūira Kehe (Odd numbered chromosome)
Drop-in service	Ratonga Toro Noa Mai
Drug, narcotic	Whakapōauau
Drug addiction (connection)	Te Piringa Wara Whakapōauau
Drugs	Kai Whakapiri, Whakapōauau

E

Eating disorders	Ngā māuiui kai
Emotion dysregulation	Kare ā-roto kōtitititi
Emotional health	Hauora Kare ā-roto/Aurongo
Emotions	Kare ā-roto, Aurongo
Epilepsy	Hūkiki
Equality	Mana Ōrite
Ethnic group	Mātāwaka
Executive Function	Tāhuhu Whakahaere-ā-Roro

F

Fetal alcohol spectrum disorder	Māuiui Waipiro Pā Piriho
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Fundamental rights	Ngā Tika Tūāpapa
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G

Gambling	Petipeti
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Gambling addiction (connection)	Te Piringa Wara Petipeti
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Grief stress	Tāmitanga Kahu Tara
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Group work	Mahi ā-rōpū
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H

Half deaf	Haurua Turi ²²
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Hallucination	Pōhewanga
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Hallucinogen	Whakapōhewa
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Harm Reduction	Whakaiti Pāmamae, Whakamimiti Puna Mamae
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Harmful Gambling	Petipeti Whakararu
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Hearing Impaired	Hakiri
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High (inebriate)	Hūrori
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Human rights	Ngā Tika Tangata
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Highly agitated	Keka
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I

Illicit drugs	Whakapōauau Taihara
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Illness	Mate
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Impulsive	Takahorohoro
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²² This term has come from the Māori Deaf community

Indifferent, moody, morose	Haumaruru
Inhalants	Whakangānga
Intellectual Disability	Whaikaha ā-hinengaro
Intellectually disabled people	Tāngata Whaikaha ā-hinengaro
Intellectually disabled person	Tangata Whaikaha ā-hinengaro
Intergenerational trauma	Pāmamae Heke Iho
Intergenerational traumatic stress	Tāmitanga Pāmamae Heke Iho
Intoxicated, drunk	Haurangi

I
(Continued)

Justice	Manatika
Lapse	Tapepanga/Tapepenga ²³
Liberty, freedom	Herekorenga, Wāteatanga
Lived experience	Mātau ā-wheako
Low interest in eating	Arokore kai

J
L

Make peace, Cement peace (after conflict)	Hohou Rongo
Māori/people with disabilities/ Deaf culture	Ahurea Māori/Whaikaha/Turi
Marijuana	Tarutaru

M

M

(Continued)

Medication, medicine	Rongoā
Medication assisted treatment	Whakapakari Pātū ā-rongoā
Mental health	Hauora Hinengaro
Mental health challenges	Ngā Wero Hauora Hinengaro
Mental health counsellor/ practitioner	Kaiwhakamahereora Hinengaro
Mental health challenges	Māuiui Hauora Hinengaro
Mental health issues	Ngā Take Hauora Hinengaro
Mental health problems	Ngā Raruraru Hauora Hinengaro
Mental health unit	Manga Hauora Hinengaro
Mentally distressed, eccentric	Wairangi
Mentally ill	Pōrangi
Methamphetamine	Tioata Whakaihi
Mood disorder	Māuiui Kare ā-roto/Aurongo
Movement/co-ordination Problem	Raru Kori Tinana
Music therapy	Haumanu ā-puoro

N

Neurodiversity	Kanorau ā-roro
Neurological problem	Raru ā-io
Nondiscrimination	Whakatoihara Kore
Numbness	Matakerekere
Nutritionist	Mātanga Kai Taiora

²³ Dialect variations

Obsessive-compulsive disorder	Māuiui Whakaaauau
Occupational therapist	Kaituku Haumanu Ngangahau
Occupational therapy	Haumanu Ngangahau
Opioids	Ngā Whakaporehu
Outcomes (changes)	Ngā Rerekētanga

O

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
Perfectionism	Māuiui kōtihihihi
Person	Tangata
Person in recovery	Tangata Whaioranga
(A) Person with an addiction	(He) Pā Waranga

P



P
(Continued)

Person with co-existing problems	Tangata Whaiwero Maha ²⁴
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/Tākuta Hauora Hinengaro ²⁵
Psychologist	Kaimātai Hauora Hinengaro
Psychology	Mātai Hauora Hinengaro

²⁴ Person with many challenges

²⁵ Dialect variations

Psychosis	Māuiui Ahotea
Psychotherapist	Kaituku Haumanu Hinengaro
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) ²⁶
Resilience	Manawaroa, Wanatītanga
Respite care	Tautiaki Tānga Manawa
Restless	Tou Piwaiwaka/Piwakawaka/ Tirairaka/Tirakaraka ²⁷
Restrain	Whakaita
Ruminate	Whakaaro Whakaauau
Schizophrenia	Māuiui Wairua Tuakoi
Seclude	Whakataratahi

P
(Continued)

R

S

S

(Continued)

Seclusion and restraint	Here Taratahi
See unclearly, dim vision	Matarehu
Seizure	Hūkeke
Self-esteem, self-respect, Self-worth	Kiritau
Sensory-based avoidance of food	Āmaimai Rongo Kai
Sensory modulation	Whakaāio ā-rongo
Service user/consumer/ person seeking wellness (singular)	Tangata Whai Ora
Service user/consumer/ person with wellness (singular)	Tangata Whaiora
Service users/consumers/ people seeking wellness (plural)	Tangata Whaiora
Service users/consumers/ People with wellness (plural)	Tangata Whaiora
Service user/consumer Family or collective	Whānau Whai Ora
Sexual abuse	Taitōkai
Sexual activity	Mahi Onioni
Sexual orientation	Aronga Hōkaka, Aronga Taera
Sexuality	Hōkakatanga, Taeratanga
Shame stress	Tāmitanga Whakamā
Sign language	Te Reo Turi/Rongo ā-whatu
Social life	Mahi Ngahau
Social networks	Tūhononga ā-ngahau

²⁶ To reinforce the walls of the Whare Tapawhā model of health²⁷ Dialect variations

S

(Continued)

Social phobia	Mae Piringa Tangata
Social worker	Tauwhiro
Speech language therapists	Kaituku Haumanu Ngutu Tūi
Specific phobia	Mae Tauwhāiti
Spiritual health	Hauora Wairua
Stigma	Poapoataunu
Stimulants	Ngā Whakaihiihi
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 consumed 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 ²⁸

T

Therapist	Kaituku Haumanu
Therapy	Haumanu
Transgender person	Tangata Whakawhitiira
Trauma	Pāmamae
Traumatic event	Pāmamaetanga
Traumatic stress	Tāmitanga Pāmamae
Traumatic stress disorder	Māuiui Pāmamaetanga
Treatment plan	Mahere Whakapakari Pātū

U

Universal rights	Ngā Tika Mā Te Katoa
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V

Video gaming disorder	Māuiui Tākaro Ataata
Visually impaired person	Tangata Matarehu ²⁹
Volatile substance misuse	Whakangā Pahūrehu

W

Wellness plan	Mahere Whai Ora
Withdrawal	Maunuwara
Withdrawal symptoms	Tohu Māuiui Maunuwara
Williams syndrome³⁰	Manaakiao
Work stress	Tāmitanga Mahi
Work together	Mahi Tahi
Worry	Māharahara

²⁸ Tohu Mate – Illness Symptom, Tohu Māuiui – Disorder Symptom

²⁹ Person with some visual ability

³⁰ narrative: <https://williams-syndrome.org.nz/manaakiao.html>

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?³¹	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.
He kōpikopiko te ara ki te whaioranga	Recovery doesn't go in a straight line.
He mana tō te kupu	Words have great power.
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.

³¹ Dialect variations for 'seat of emotions'

Whakataukī, Kīanga, Kīwaha – Phrases and Proverbs

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.



[illegible]

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.

