

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



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Nāku i runga i te ngākau iti,

Nā Keri Opai (Te Atiawa, Ngāti Ruanui, Ngāti Te Ata, Waiohua, 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

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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 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)
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

¹This 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 ²
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

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

Mahere Whai Ora	Wellness Plan
Mahi ā-rōpū	Group Work
Mahi Ngahau	Social Life
Mahi Onioni	Sexual Activity
Mahi Tahi	Work Together
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
Mate	Illness
Mate Tāmitanga	Stress Related Illness

CONTINUED ON THE NEXT PAGE 

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)

CONTINUED ON THE NEXT PAGE ▶



N

(CONTINUED)

Ngā Piringa Wara	Addictions ³
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 ⁴
Ngā Whakaporehu	Opioids
Ngā Whakatautō	Depressants
Noho Whakamātūtū	Residential Rehabilitation
Noho Whakapakari Pātū (o te Whare Tapawhā)	Residential Treatment ⁵

³ Emphasising connection as opposed to addiction

⁴ Relaxants, sleep and anti-anxiety medications

⁵ To reinforce the walls of the Whare Tapawhā model of health

P

(He) Pā Waranga	(A) Person with an addiction
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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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Poapootaunu	Stigma
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Pōhewanga	Hallucination
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Pōkaikaha	Confused
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Pōrangī	Mentally Ill
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Pukuruaki	Bulimia
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Rangimārie, Rongomau	Peace
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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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Rata/Tākuta ⁶ Hauora Hinengaro	Psychiatrist
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Ratonga Toro Noa Mai	Drop-In Service
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⁶ Dialect variations

R

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 ⁷
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

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

Tangata Matarehu	Visually Impaired Person ⁸
Tangata Mātau ā-wheako	Person with lived experience
Tangata Wairua Tuakoi	Person with schizophrenia
Tāngata Whaikaha	People with disabilities
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 ⁹
Tapepanga/Tapepenga	Lapse ¹⁰
Tarutaru	Marijuana
Tautiaki Tānga Manawa	Respite Care
Tautoko ā-aropā	Peer Support
Taututetute	Conflict
Tauwhiro	Social Worker
Te Aukati Matahoki	Relapse Prevention
Te Piringa Wara Petipeti	Gambling Addiction (connection)
Te Piringa Wara Waipiro	Alcohol Addiction (connection)

⁸ Person with some visual ability

⁹ Person with many challenges

¹⁰ 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 ¹¹
Tohu Māuiui Maunuwara	Withdrawal Symptoms
Tōpūtanga Tāngata Whaikaha	Disabled Persons Organisation (DPO)
Tou Pīwaiwaka / Pīwakawaka / Tīrairaka / Tīrakaraka	Restless ¹²
Tuapaemahara	Alzheimers
Tuhi Matapō	Braille
Tūhononga ā-ngahau	Social Networks
Tūnga Waka Whaikaha	Disability Parking
Tūnga Waka Whakatapoko	Accessible Parking
Turi	Deaf

¹¹ Tohu Mate – Illness Symptom, Tohu Māuiui – Disorder Symptom

¹² 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 ¹³
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

¹³ 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 ¹⁴
Whakataratahi	Seclude
Whakatau Māiuiui	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

¹⁴ Eg - He whare whakatapoko – an accessible building





TE IKAROA-A-MAUI
1996

English *into* Te Reo Māori



A

Abstinence	Korekai ¹⁵
Access/Accessible/Accessibility	Whakatapoko ¹⁶
Accessible Parking	Tūnga Waka Whakatapoko
Accessible Toilet	Wharepaku Whakatapoko
Addiction	Waranga
Addictions	Ngā Piringa Wara ¹⁷
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	Māuiui Whakatiki
Anxiety, Anxious	Manawapā
Aromatherapy	Haumanu ā-kakara
Assessment	Aromatawai
Attitude	Waiaro

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

¹⁶ Eg - He whare whakatapoko – an accessible building

¹⁷ Emphasising connection as opposed to addiction

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

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

¹⁹ Relaxants, sleep and anti-anxiety medications

B

C

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 ²⁰

Disabled Persons Organisation (DPO)	Tōpūtanga Tāngata Whaikaha
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Disabled Toilet	Wharepaku Whaikaha
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Discrimination	Whakatoihara
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Disorder, Unwellness	Māuiui
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Diversity	Kanorau
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Dizzy, Giddy	Āmai, Ānini, Rorohuri
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Drop-In Service	Ratonga Toro Noa Mai
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Drug, Narcotic	Whakapōauau
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Drug Addiction (connection)	Te Piringa Wara Whakapōauau
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Emotional Health	Hauora Kare ā-roto / Aurongo
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Emotions	Kare ā-roto, Aurongo
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Epilepsy	Hūkiki
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Equality	Mana Ōrite
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Ethnic Group	Mātāwaka
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Fundamental Rights	Ngā Tika Tūāpapa
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²⁰ 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 ²¹
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

²¹ This term has come from the Deaf Community

Intergenerational Trauma	Pāmamae Heke Iho
Intergenerational Traumatic Stress	Tāmitanga Pāmamae Heke Iho
Intoxicated, Drunk	Haurangi

Justice	Manatika
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Lapse	Tapepanga/Tapepenga ²²
Liberty, Freedom	Herekorenga, Wāteatanga
Lived Experience	Mātau ā-wheako

Make Peace, Cement Peace (after conflict)	Hohou Rongo
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Māori / People with Disabilities' / Deaf Culture	Ahurea Māori / Whaikaha / Turi
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Marijuana	Tarutaru
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Medication, Medicine	Rongoā
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Medication Assisted Treatment	Whakapakari Pātū ā-rongoā
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²² Dialect variations

M

(CONTINUED)

Mental Health	Hauora Hinengaro
Mental Health Challenges	Ngā Wero Hauora Hinengaro
Mental Health Counsellor / Practitioner	Kaiwhakamahereora Hinengaro
Mental Health Issues	Ngā Take Hauora Hinengaro
Mental Health Problems	Ngā Raruru 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

N

Neurological Problem	Raru ā-io
Nondiscrimination	Whakatoihara Kore
Numbness	Matakerekere
Nutritionist	Mātanga Kai Taiora

O

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

P

Panic	Maurirere
Paralysis	lokerewai
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 ²³
Person with lived experience	Tangata Mātau ā-wheako
Person with schizophrenia	Tangata Wairua Tuakoi
Personality / Identity Disorder	Māuiui Tuakiri

²³ Person with many challenges

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

²⁴ Dialect variations

R

(CONTINUED)

Residential Treatment	Noho Whakapakari Pātū (o te Whare Tapawhā) ²⁵
Resilience	Manawaroa, Wanatītanga
Respite Care	Tautiaki Tānga Manawa
Restless	Tou Pīwaiwaka / Pīwakawaka / Tīrairaka / Tīrakaraka ²⁶
Restrain	Whakaita
Ruminate	Whakaaro Whakaaauu

S

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

²⁵ To reinforce the walls of the Whare Tapawhā model of health

²⁶ Dialect variations

Service Users / Consumers / People seeking wellness (plural)	Tāngata Whai Ora
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Service Users / Consumers / People with wellness (plural)	Tāngata Whaiora
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Service User / Consumer Family or Collective	Whānau Whai Ora
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Sexual Abuse	Taitōkai
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Sexual Activity	Mahi Onioni
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Sexual Orientation	Aronga Hōkaka, Aronga Taera
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Sexuality	Hōkakatanga, Taeratanga
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Shame Stress	Tāmitanga Whakamā
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Sign Language	Te Reo Turi/Rongo ā-whatu
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Social Life	Mahi Ngahau
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Social Networks	Tūhononga ā-ngahau
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Social Phobia	Mae Piringa Tangata
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Social Worker	Tauwhiro
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Specific Phobia	Mae Tauwhāiti
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Spiritual Health	Hauora Wairua
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Stigma	Poapoataunu
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Stimulants	Ngā Whakaihihi
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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 ²⁷

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

²⁷ 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 ²⁸
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

²⁸ Person with some visual ability

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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?²⁹	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.

²⁹ Dialect variations for 'seat of emotions'



