

Beyond Blue Supports Community After Bondi Attack

December 15, 2025 -- Beyond Blue is here to support the community after the terror attack at Bondi Beach.

Beyond Blue stands with all Australians against antisemitism and our thoughts are with the Jewish community.

Religious and political violence have no place in Australia and we extend our heartfelt condolences to the individuals and families affected by this tragedy, including first responders.

We remind the community that Beyond Blue is here for all people in Australia, no matter what you believe, how you live or who you worship.

Violence and acts of terror can bring feelings of shock, grief, profound sadness, anger and fear. It's normal to experience these emotions while trying to make sense of distressing events. It may take time for these feelings to ease, but it's never too early to seek support if you are feeling distressed.

You can also support those around you by being available to them and listening.

In the days and weeks ahead, you might notice changes in how you're feeling or coping. If any of the following feels familiar, it could be a sign to reach out for extra support:

- Feeling overwhelmed, numb or detached
- Unable to focus or plan ahead
- Having a short fuse, or feeling irritated
- Constantly tearful
- Intrusive memories or bad dreams
- Replaying the event over and over

Research shows that exposure to distressing events can affect mental health: "After a traumatic event, it's normal to feel unsettled or overwhelmed. Give yourself permission to feel what you're feeling, take care of your body and mind with rest, healthy routines and relaxation, and reach out for support if you need it – you don't have to manage this alone," said Georgie Harman AO, CEO Beyond Blue.

"Children look to adults to learn how to respond – be mindful of your own reactions near them. Encourage questions and explain it's normal to feel scared or worried, and remind them they are safe," continues Ms Harman.

For those looking to support children to cope with distressing news, you can learn more here:

https://www.youtube.com/watch?v=r_URnXXK4Ag

Beyond Blue's Support Service is free and is available 24/7 on 1300 22 4636 and via web chat or email at

beyondblue.org.au/get-support

Beyond Blue's forums can be accessed here forums.beyondblue.org.au

Lifeline crisis support 13 11 14

Contact: media@beyondblue.org.au

Medicare Mental Health [1800 595 212](tel:1800595212)

For more information about trauma, you can visit Phoenix Australia <https://www.phoenixaustralia.org/your-recovery/helping-others/>

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About Beyond Blue

Beyond Blue is a national mental health organisation helping people across the country manage anxiety, depression and life's challenges whenever they need it. Beyond Blue works with the community to improve mental health and to help people feel better earlier, get well and stay well. In the 2024-25 financial year, more than 300,000 people contacted the 24/7 Beyond Blue Support Service – a free and confidential service that offers immediate counselling, advice and referrals via phone, webchat or email. This demand reflects a profound need for accessible, compassionate support, and underscores the vital role Beyond Blue plays in being there for all people in Australia, from those proactively caring for their mental health to those experiencing high distress or crisis.

Beyond Blue is available 24/7, with skilled counsellors who are there to listen. 1300 22 4636 or visit www.beyondblue.org.au