



**MEDIA RELEASE**  
**For Immediate Release**

**Monday 15 December 2025**

**Grief Australia Mourns with the Nation After Bondi Beach Terror Attack**

Grief Australia mourns alongside the families and communities affected by the devastating attack at Bondi Beach on Sunday. As we absorb the shock of this profound loss, our hearts are with the Jewish community who were deliberately targeted in an act of antisemitic violence.

Our deepest condolences go out to the families and communities of the currently 16 victims, including a child, who lost their lives. We also acknowledge the many others injured, traumatised, or otherwise impacted.

As Australia mourns its worst mass shooting in nearly three decades, we stand in solidarity with the Jewish community and all those grieving in the aftermath of this senseless act of violence. The fact that this attack occurred on the first day of Hanukkah, a time of light and celebration, deepens the collective sorrow and sense of injustice.

**Collective Grief, Lasting Impact**

Christopher Hall AM, CEO of Grief Australia said that “Grief is a universal experience, but its expression is deeply personal and culturally shaped. As Australians come to terms with this tragedy, many will be experiencing shock, disbelief, fear, anger or profound sadness. For members of the Jewish community, this grief may be compounded by a sense of vulnerability and historical trauma. We encourage all Australians to respond with compassion, inclusion and active support”.

**Supporting Bereaved and Affected Individuals**

Grief Australia acknowledges the profound psychological and emotional toll this event will have on survivors, families of victims, first responders, and witnesses. It is critical that those affected are given access to culturally sensitive, trauma-informed bereavement care.

Christopher Hall “urges all Australians to respond with empathy and inclusion, rejecting hate and choosing to walk alongside those who mourn. Support doesn’t require perfect words. It begins with showing up, listening and reminding one another that no one grieves alone.”

We also recognise the courage of bystanders and emergency responders who intervened during the attack, embodying the spirit of solidarity in the face of terror.

**Our Commitment**

Grief Australia is committed to ensuring that all Australians, especially those experiencing grief as a result of violence, terrorism, or hate, receive the support they need to navigate their grief journey. We echo Prime Minister Anthony Albanese’s call to stamp out antisemitism in all its forms. Grief must never be compounded by silence or inaction.



As Christopher Hall, CEO of Grief Australia, shares: “In times like these, when fear and grief can leave communities feeling broken, we gently encourage all Australians to reach out through kindness, remembrance and solidarity. Healing begins when we come together. In the wake of such senseless violence, we are reminded that while grief touches us all, it is compassion that helps us move forward together”.

### **You Are Not Alone**

For anyone affected by the Bondi Beach tragedy, support is available:

- **Lifeline:** 13 11 14
- **Suicide Call Back Service:** 1300 659 467
- **Kids Helpline:** 1800 55 1800
- **Beyond Blue:** 1300 22 4636
- **13YARN:** Speak to an Aboriginal and Torres Strait Islander Crisis Supporter on 13 92 76
- **Grief Australia:** 1800 642 066

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### **About Grief Australia**

Grief Australia ([www.grief.org.au](http://www.grief.org.au)) is the nation’s leading authority on grief and bereavement. We provide evidence-informed counselling, education, and research to support grieving Australians and to foster a more compassionate and effective response to loss nationwide.



## **Five Ways to Support Yourself After the Bondi Beach Attacks**

In the aftermath of such a devastating and senseless act of violence, it's normal to feel overwhelmed. Grief can be deeply personal and unpredictable. Here are five gentle ways to care for yourself as you navigate this difficult time:

### **1. Acknowledge Your Grief**

Grief is a natural response to loss and trauma. You may feel sadness, anger, fear, guilt, or even nothing at all. Whatever you're feeling is valid. Try not to judge your emotions. Allow them to come and go in their own time.

### **2. Stay Connected - Reach Out to Someone You Trust**

You don't have to go through this alone. Talking with friends, family or a caring professional can help ease the weight of grief. Even a short conversation or message can make a difference.

### **3. Make Space for Ritual and Remembrance**

Simple acts such as lighting a candle, attending a vigil, or visiting a meaningful place can bring comfort and connection. These rituals help honour those who have died.

### **4. Protect Your Emotional Boundaries - Take Breaks from the News**

While staying informed matters, constant exposure to distressing coverage can intensify trauma. Give yourself permission to step away from media and social platforms when you need to. Your wellbeing matters.

### **5. Reach Out for Professional Support When Needed**

If you're feeling stuck, anxious, or unable to cope, please seek help. You are not alone, and support is available.