

Media Contact

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A statement from Grief Australia on the Bondi Tragedy

Grief Australia would like to extend our deepest condolences to all the people who have been affected by the tragic events that occurred in Bondi, Sydney on Saturday 13 April.

This heartrending event has impacted so many lives including the victims, their families, witnesses, first responders, the community and the nation at large.

We commend the bravery of the police officer that was first on the scene and all police and first responders who courageously and compassionately attended to the care of those who needed support.

This tragic event will have a profound impact on many people, who will experience a range of emotions that may include shock, deep sadness, anger and a sense of helplessness and anxiety. These emotions are normal reactions for most people and can take weeks and even months before settling down. Therefore, it is important to prioritise self-care, especially during these difficult times.

Other strategies we recommend include:

- Limiting your exposure to media reports.
- Establishing and following a healthy routine including adequate sleep and healthy eating.
- Talk about how you are feeling with your loved ones and friends and seek their support and guidance.

If this event is impacting your ability to carry out your daily routine and activities, such as work, school and caring for dependents, please reach out for professional support with a mental health professional.

When attending to children about the event:

- Create a safe space for them by establishing a sense of trust and openness.
- Use age-appropriate language.
- Encourage them to share how they might be feeling without forcing them.
- Allow them time to process the information.
- Remain open for when they are ready to speak about their feelings.
- Limit their exposure to distressing footage and posts on social media.

Other resources you might find helpful

- [Lifeline](#) – Phone 13 11 14 (available 24/7) or Text 0477 13 11 14.
- [Grief Australia](#) – 1800 642 066.
- [Beyond Blue](#) – 1300 224 636 (available 24/7).
- [Kids Helpline](#) – 1800 551 800 (available 24/7 for young people aged 5 to 25).
- [Parentline](#) – 1300 301 300.

ABOUT GRIEF AUSTRALIA

Grief Australia is an independent, not-for-profit organisation striving to change how Australians live with grief. Formerly the Australian Centre for Grief and Bereavement, Grief Australia is the leading voice on grief in Australia since 1996, providing evidence-informed counselling and support, training, and research to strengthen the nation's response to grief. We believe that by leading with empathy, courage, curiosity, and compassion, we can live and learn together, and a greater understanding of grief will become possible.