



MHCN Response - Bondi Beach Attack

To our Mental Health Carers NSW community,

We share this message on behalf of MHCN's Board, members and staff to express our deep sorrow and regret at the incident that occurred in Bondi Beach on Sunday evening. Our thoughts, prayers and hearts go out to all affected by this terrible event as we collectively grieve the senseless bloodshed.

To our Jewish community, we mourn with you the precious loss of life and recognise the cultural trauma of antisemitic brutality.

We endeavour to live in a world that is free from violence and persecution with protections against radicalised ideological extremism that have time and time again provoked brutality and murder. Yet we can witness that across the globe many people from many backgrounds must still endure such treatment, which is never justified no matter who is perpetrating it, no matter for what reason. Violence will only generate more violence.

The way forward in combatting continued violence is to remain united across cultures and communities and channel our collective grief and outrage towards changing the systems which have enabled such horrors to occur.

Giving in to hateful rhetoric will only fertilise grounds for further ideological extremities and inflict continued harm to our communities. Division distracts from genuine reforms that create a safer and fairer society.

As seen already, unity has pushed our governments to act in securing our safety through the pledge to review gun laws by the NSW Premier Chris Minns and renegotiations of the National Firearms Agreement at the national level.

It is critical we remember that embracing social unity, cohesion, compassion and kindness is a collective action we can all take to protect our society against terrorism. The personal is political, how we interact with others has the power to disrupt systems of violence and oppression.

Mental Health Carers NSW Inc. (MHCN)

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As an organisation we published a statement in August on the mental health impacts of conflict and distress, the second and the third page list a selection of culturally diverse resources for mental wellbeing. This can be [viewed on our website by clicking here.](#)

Navigating how to support the wellbeing of children in the aftermath of a traumatic event is challenging. As stated in [this resource](#) by Emerging Minds, “Parents or carers often focus on the impact of traumatic events on their children, and put their own wellbeing second.

However, how you manage your own feelings of distress and sadness has implications for your children’s wellbeing. It is important that you look after your own needs, so you are better able to support and care for the children that rely on you.”

While the holiday season is a time to celebrate with loved ones, but it can also be a time of emotional intensity and grief which will surely be heightened following the attack. We urge everyone to turn to community to find comfort and share compassion for one another.

Sincerely,

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