

**Bondi Beach Attack**

# Wellbeing support guide



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## Wellbeing support guide

This guide is for anyone affected by the Bondi Beach Terror Attack. It offers **reassurance**, **practical strategies**, and **information** about where to get support.

It is not intended to replace professional care or require anyone to share more than they wish.

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### AFTER A TRAUMATIC EVENT

Events like this can affect people in different ways, whether you were directly involved, know someone who was, or were impacted through media coverage.

**There is no right or wrong way to respond.**

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### COMMON REACTIONS

Strong reactions are normal after a traumatic event.

**You may notice:**

- Shock, numbness, or disbelief
- Fear, anxiety, or feeling on edge
- Sadness, grief, or anger
- Difficulty concentrating or sleeping
- Physical symptoms such as fatigue, headaches, or nausea

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### WHAT YOU CAN DO RIGHT NOW

If things feel overwhelming, focusing on the present moment can help your body settle:

- **Slow your breathing** — try breathing in through your nose and out through your mouth
- Put your **feet on the floor** and notice the support beneath you
- **Take a sip of water** or **hold something solid** in your hands
- Remind yourself: **"I am safe right now."**

## THE FIVE SENSES GROUNDING EXERCISE

This simple grounding exercise can help when your thoughts feel racing or your body feels tense.

### 5 senses technique

Take a moment to look at your surroundings.  
Either in your head or out loud, list:

5 things you can **see**



4 things you can **feel**



3 things you can **hear**



2 things you can **smell**



1 thing you can **taste**



Move through this slowly and gently.  
There is no right or wrong way to do it.

## SUPPORTING CHILDREN AND YOUNG PEOPLE




Children and young people may show distress in different ways, such as changes in behaviour, sleep, or questions about safety.

Keep explanations age-appropriate, reassure them they are safe, and maintain familiar routines where possible.

## WHEN TO SEEK ADDITIONAL SUPPORT

If distress feels intense, lasts longer than expected, or interferes with daily life, seeking extra support can help.

### SUPPORT IS AVAILABLE 24/7

-  Lifeline Call: **13 11 14**
-  Text: **0477 13 11 14**
-  Chat: **lifeline.org.au**

Kids Helpline (ages 5–25): **1800 55 1800**  
NSW Mental Health Line: **1800 011 511**  
GriefLine: **1300 845 745**

### YOU ARE NOT ALONE

Being affected by what happened is a human response.  
Support and care are available whenever you are ready.

