

# DON'T STRUGGLE ALONE. WE'RE HERE TO HELP.



The Bondi attack was a deeply distressing event that has affected many people across our community. We're here for anyone, who feels they need extra support. You do not have to manage this alone.

## How We Can Help:

JewishCare and Jewish House, offer a range of practical, emotional, clinical, and financial supports.

- Mental health and wellbeing support
- Child and family support
- Casework, including practical assistance and service navigation
- Referral pathways to psychological support
- Financial assistance and reimbursement through the Home Affairs Bondi Grant
- Pastoral Support

## Signs you, your family or friends may need support:

Everyone responds to trauma differently. Some common signs include: Feeling anxious or panicked, difficulty sleeping or ongoing fatigue, distressing or negative thoughts, withdrawal from others or usual activities, difficulty functioning at work, school or at home. These responses are common after traumatic events and are important to take seriously.

## How to Access Support:

### JewishCare NSW

Mental health, wellbeing and ongoing support call **1300 133 660**  
website: <https://jewishcare.com.au/bondi-grant/>

### Jewish House

Crisis support and acute intervention call **1300 544 357**  
website: <https://www.jewishhouse.org.au/bondi-grant>

### Victims Services / Bondi Hub

Information on counselling, financial and practical support  
<https://victimsservices.justice.nsw.gov.au/how-can-we-help-you/support-for-victims-of-the-bondi-beach-terrorist-incident.html>

**In an emergency: Call 000 immediately.**