

Bondi Beach attack

Staying connected and accessing support

As our communities continue to heal, some upcoming events may be difficult. This includes the release of the Royal Commission on Antisemitism and Social Cohesion's interim report, as well as ongoing media discussions.

Healing does not follow a clear timeline. Everyone experiences it differently. There are connection opportunities and support available, and ways to manage the impact of media and public discussions.

Staying connected

Staying connected to loved ones, family and friends, faith, spiritual and cultural spaces, community groups, gatherings and everyday social events is important during challenging times.

If media or public discussions feel difficult

News, social media and public conversations about the Royal Commission may affect people differently.

You might notice:

- strong emotions, or feeling overwhelmed or drained
- difficulty switching off from news or online discussion
- feeling unsettled, distracted or on edge.

You may want to:

- limit how much news or social media you engage with
 - take breaks when you need to
 - balance difficult content with connection, routine or rest.
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Support is available

Please reach out for support if you are finding things hard or would just like to talk things through:

- Lifeline (24/7) crisis support: 13 11 14 or via webchat at [lifeline.org.au](https://www.lifeline.org.au)
- Mental Health Line (24/7) for advice and connection to specialist mental health services: 1800 011 511
- Headspace (3 pm – 10 pm daily): 1800 650 890 or via webchat at [headspace.org.au](https://www.headspace.org.au)
- Kids Helpline (24/7) for support for children or young adults: 1800 55 1800 or via webchat at [kidshelpline.com.au](https://www.kidshelpline.com.au)

- Beyond Blue (24/7) for mental health advice and support: 1300 22 4636 or via webchat at www.beyondblue.org.au
- Bondi Medicare Mental Health Centre (walk-in): 1800 595 212 or www.newhorizons.org.au/mental-health-support/medicare-mental-health-centres
- Jewish House (24/7) crisis support: 1300 544 357
- Jewish Care (Business hours): 1300 133 660
- Transcultural Mental Health Line (Monday to Friday, 9:00 am – 4:30 pm): 1800 648 911.

For support making submissions to the Royal Commission, you can contact:

- Legal Aid: 1800 801 529
- Jewish Care (business hours): 1300 133 660.

Royal Commission on Antisemitism and Social Cohesion

Some people may wish to share their experiences with the Royal Commission. Others may choose not to.

Both choices are valid. You can engage in the process in a way that feels right for you.

Find out how to participate and share your story at the Royal Commission on Antisemitism and Social Cohesion website: asc.royalcommission.gov.au/share-your-story/submissions.

If you would like information or assistance related to the Royal Commission process, including understanding your options or accessing support, Legal Aid NSW can help.

For more information about the support available and how to access it, visit nsw.gov.au/bondibeachattack.