



17<sup>th</sup> Dec, 2025

The New Zealand Psychological Society – Te Rōpū Mātai Hinengaro o Aotearoa Inc. sends its aroha and condolences to all those directly harmed and those impacted by the tragic shooting at Bondi Beach, Australia this week.

We condemn this terrible attack on those joining together to celebrate Hannukah. We condemn antisemitism and the hateful rhetoric against various religions and ethnicities that foster such acts of violence. We are deeply concerned about the psychological trauma that this will likely cause to those involved.

This tragedy will have ongoing impacts for those at the scene, family members, bystanders, first responders and the wider community – including Jewish and Muslim communities who are likely to fear, and may experience, further repercussions following this event. Strong feelings of shock, grief, and fear are normal, especially as the details of this event are broadcast across the world. It can take time to process these feelings and talking to a trusted friend or professional, such as a psychologist, can help.

There are many simple, practical things people can do to support themselves and others to manage following community violence – this pdf from the Australian Psychological Society shares some strategies: <https://www.psychology.org.nz/journal-archive/APS-Strategies-coping-following-community-violence.pdf>

At a structural level we encourage governments to prioritise work to reduce the availability of firearms, combat racism and to encourage social cohesion to prevent such tragedies occurring.

Our website offers some public resources and a database of some psychologists:

<https://www.psychology.org.nz/public/community-resources>  
<https://www.psychology.org.nz/public/find-psychologist>