

# Community Care & Wellbeing Following the San Diego Mosque Attack

The Centre for Muslim Wellbeing (CMW) is deeply saddened by the horrific attack at the Islamic Centre of San Diego in the USA, which has reportedly claimed multiple lives and left many others traumatised.

We extend our heartfelt condolences to the families of those killed, the Muslim community in San Diego, and all those impacted by this devastating act of violence.

Mosques are sacred spaces of prayer, refuge, connection & belonging. Violence within these spaces deeply ruptures an individual and a community's sense of safety and collective well-being.

The Prophet Muhammad (Peace be upon him) reminded us:

**“The believers, in their mutual love, mercy and compassion, are like one body. When one part of the body suffers, the whole body responds with sleeplessness and fever.” (Sahih Muslim)**

CMW encourages community members to check in on one another, make space for conversation and reflection, and seek support where needed. For those experiencing distress or uncertainty following recent events, CMW's trauma and wellbeing resources offer practical guidance for individuals, parents, families, and communities navigating difficult times together.

<https://cmw.org.au/resources/trauma/>

We continue to stand in solidarity with all communities impacted by hatred, violence, and Islamophobia, and reaffirm the importance of compassion, collective care, safety, and belonging for all.

## Support is available:

### • Centre for Muslim Wellbeing (CMW)

For culturally responsive guidance, support, and referrals, contact our Mental Health Navigator:

☎ +61 472 668 010 (Mon–Fri, 9 am–12 pm)

✉ admin@cmw.org.au

### • Lifeline (24/7 Crisis Support)

☎ 13 11 14

📱 Text: 0477 131 114

### • Beyond Blue

☎ 1300 22 4636

### • Kids Helpline

☎ 1800 55 1800

### • 13YARN (24/7 Crisis Support for Aboriginal & Torres Strait Islander Peoples)

☎ 13 92 76

• You can also contact your GP or local mental health service for additional support and care.

**In an emergency or if someone is in immediate danger, call 000.**