

Let's Talk OCD: Behind The Walls with Sienna Rose Scully

Sienna Rose Scully's story is one of incredible survival.

From the age of eight, Sienna recalls in razor-sharp detail the thoughts and compulsions that ruled her life.

"All of a sudden OCD was here without an invitation, and it had the audacity to be extremely bossy. It was as if a very unwanted house guest had taken up residence in my mind."

As many as 1 in 50 people in Australia have OCD, but like many mental health conditions, sufferers may feel overwhelming shame in discussing their symptoms and seeking help.

Sienna's powerful personal story inspired the Fremantle Press anthology [*'Try Not To Think of a Pink Elephant'*](#), a collection of thought-provoking and very personal accounts of the private battleground that is OCD.

Talking openly about her lived experience of OCD, Sienna Rose Scully will be live in conversation with Natalya Hawrylak on 20 April at [The Literature Centre](#), behind the walls of Fremantle Prison.

Despite being a challenging topic, Sienna shares her story with the aim of breaking down misconceptions around OCD. She also raises the harmful impacts of its use as a colloquial term for someone who is 'very neat and tidy'.

Symptoms of OCD often present in the teenage years, but can appear, as Sienna's did, in childhood. As with many mental health conditions, OCD can take many years to diagnose.

"Many people with OCD ... struggle to get a correct diagnosis simply because they do not wash their hands or jump over cracks. Unfortunately there are still many misconceptions about the symptoms and diagnostic criteria of OCD," says anxiety and OCD specialist Kimblerey Quinlan, who authored the introduction to the anthology.

For those who have personal experience of OCD, or have a loved one who does, this conversation is a must-see.

To hear Sienna Rose Scully live in conversation, [book here](#)

Seating is limited.

Attendees receive a glass of wine on arrival and can enjoy antipasto platters on the verandah before the talk. Copies of *'Try Not to Think of a Pink Elephant'* will be available for sale on the night.

Time and Date: Thursday 20 April, Gates open at 5.30PM for a 6.00PM start.

Location: The Literature Centre, corner of Knutsford Street and Hampton Road, Fremantle.

Parking: Head to the gravel car park at the top of Knutsford Street and go through the gate, parking is free on the lawn area.

More information on OCD can be found at [Beyond Blue](#)