CLÍNICA VIVALDI · FREE SHEET · IMPULSE CONTROL AND CONDUCT

Pyromania

Deliberately and repeatedly starting fires, with tension before and relief or pleasure after, for no other reason than money or revenge.

COMMON SIGNS

- Intense fascination with fire
- Deliberate fire-setting
- Relief after setting them

TIPS FOR YOU

1. Seek professional help immediately
2. Remove lighters and sources of fire
3. Specialist psychological intervention

FOR FAMILY AND FRIENDS

1. Remove lighters, matches and flammable items
2. Constant supervision

WHEN TO ASK FOR HELP

1. If there is a risk of fire: 112
2. Seek professional help immediately

CHECKLIST OF WARNING SIGNS

☐ Shows an intense fascination with fire
☐ Has started fires on purpose
☐ Feels tension before and relief afterwards
☐ Is drawn to lighters, matches or fires
☐ There is no other motive (money, revenge)
☐ It has happened more than once
☐ Is very interested in firefighters or fires
☐ Denies or hides what happened

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/piromania
- Confederación SALUD MENTAL ESPAÑA (Spanish mental health confederation): https://consaludmental.org/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112