CLÍNICA VIVALDI · FREE SHEET · PARAPHILIC

Paraphilic disorders

Intense and persistent sexual interest that causes discomfort to the person or involves harm or risk to others, or lack of consent. They have specialized psychological treatment.

COMMON SIGNS

- Fantasies or urges that cause distress
- Behaviour that affects others
- Guilt or fear of losing control

TIPS FOR YOU

1. Ask for professional help before acting
2. Specialist therapy is confidential
3. If someone is at risk, call 112

FOR FAMILY AND FRIENDS

1. Professional help is confidential
2. Asking for help before acting protects everyone

WHEN TO ASK FOR HELP

1. If another person is at risk: ask for help now
2. If minors are involved, call 112

CHECKLIST OF WARNING SIGNS

☐ I have sexual fantasies or urges that cause me a lot of distress

☐ I worry about losing control of these urges

☐ I feel intense guilt or shame

☐ The urges involve people who don't consent

☐ I have behaved in ways I regret

☐ I spend a lot of time thinking about it

☐ It is affecting my relationship or work

☐ I have sought help before without finding it

FREE RESOURCES

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