

Alcohol, tobacco and other drugs



Queensland Liver Transplant Service (QLTS) does not support the use of alcohol, tobacco or substances, including illicit and other drugs before or after transplantation.



Information and help is available to all pre-and post-transplant patients at any time, regarding alcohol, tobacco and substance use.

Alcohol, tobacco, substances and relationships



- Quite often, the use of alcohol, tobacco and/or substances has challenged personal and family relationships. Either in the past or possibly now. Support from the Princess Alexandra Hospital (PAH) Alcohol and Drug Assessment Unit (ADAU) and other services can provide great support to work out new and helpful ways forward.

Use of alcohol, tobacco and substances



- Some patients and families have never used alcohol or substances, while others have.
- Regardless of past experiences with alcohol, tobacco and substances, new choices can be made.

Making changes



- It is never too late or early to change alcohol or substance use patterns or use.



- Support is always available to patients and families to be as well as they can and to live their life in ways they are proud and in control of. It is really important to know that even if patients start drinking or using substances at any time, QLTS is always ready to help. **Please reach out for advice, referrals and support. There is plenty of good help available.**



Reasons for use

- Peer pressure, stress, anxiety, trauma, depression, fear, anger, disappointment, loneliness and grief can influence the choices people make around drugs and alcohol at different times. People have told us that they do not always know how to cope or that they did not think there were other choices or help for them.
- Some have found the use of alcohol or substances comforting, relaxing or a good way to help them forget things for a while.
- People might have been encouraged by their friends, family or community and work organisations to drink or use drugs, to be social and part of the group. Some enjoy the taste of alcohol or the way alcohol or other substances make them feel.
- Many have wanted to slow down or stop but found it too hard or were not sure where to go for help.

Younger patients

- The treating team understands that young people might be exposed to try alcohol and substances in the years before or after their transplants. Some people grow up in families where there is high use of alcohol and substances, others not so much.
- It can be challenging when friends or others around a young person are experimenting with choices around alcohol and substances. Some young people are clear about their values, hopes and goals and about their relationship with alcohol and other drugs. For others, the choices or thoughts might be more difficult for many reasons either past or present.
- The good news is that help and information is available at any time. Constructive and very useful options can always be found.
- New futures can be built. Counselling and treatment can help patients of all ages and walks of life to consider the right choices for them.

Help is available

- Compassionate, patient centered support is available for all patients at any time, through the PAH ADAU (Alcohol and Drug Assessment Unit). There is no judgement and no cost. You are always welcome to make an appointment.
- **PAH Alcohol and Drug Assessment Unit**
www.adis.health.qld.gov.au/service-providers/princess-alexandra-hospital-alcohol-and-drug-assessment-unit
Phone: (07) 3176 5191
- Check out the useful resources listed below. Professional help is available from many places.



Resources



Queensland Health Alcohol, Tobacco and Other Drugs

www.health.qld.gov.au/public-health/topics/atod

Metro South Addiction and Mental Health Services

www.metrosouth.health.qld.gov.au/mental-health

Phone: 1300 64 2255

Metro South “Way Forward” Addiction and Mental Health Services for Aboriginal and Torres Strait Islander People

www.metrosouth.health.qld.gov.au/mental-health/initiatives/way-forward-an-indigenous-approach-to-wellbeing

Queensland Liver Transplant Service (QLTS) Coordinators

Phone: (07) 3176 7481

National Alcohol and Other Drug Hotline

www.health.gov.au/contacts/national-alcohol-and-other-drug-hotline

Alcoholics Anonymous

www.aa.org.au

Al- Anon and Alateen

www.al-anon.org.au

Alcohol and Drug Foundation

www.adf.org.au

Ask Izzy

www.askizzy.org.au