

# 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.
- Most people approaching a liver transplant are unwell. The challenge of abstinence changes with your recovery. It is wise to try to understand the strengths of your past decisions.



## 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 their families. Our goal is to help them live their lives in ways they are proud of and feel in control. It is important to know that 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

The choices people make around drugs and alcohol at difficult times. Wide range of reasons alcohol and other drugs are used. Common reason are:

- Stress, anxiety.
- Trauma, depression.
- Fear, anger, disappointment.
- Loneliness and grief can influence.
- Some have found the use of alcohol or substances comforting.



- Relaxing or a good way to help them forget things for a while.
- Peer pressure.
- Enjoy the taste of alcohol or the way alcohol or other substances make them feel.
- Want to slow down or stop but found it too hard or were not sure where to go for help.

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.

## Younger patients

- The treating team understands that young people might be tempted 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. There is no judgement and no cost. You are always welcome to make an appointment.

**Phone:** (07) 3176 5191

[www.adis.health.qld.gov.au/service-providers/princess-alexandra-hospital-alcohol-and-drug-assessment-unit](http://www.adis.health.qld.gov.au/service-providers/princess-alexandra-hospital-alcohol-and-drug-assessment-unit)



## Resources

- **Queensland Health Alcohol, Tobacco and Other Drugs**  
[www.health.qld.gov.au/public-health/topics/atod](http://www.health.qld.gov.au/public-health/topics/atod)
- **Metro South Health Mental Health Services**  
[www.metrosouth.health.qld.gov.au/services/adult-mental-health](http://www.metrosouth.health.qld.gov.au/services/adult-mental-health)
- **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](http://www.health.gov.au/contacts/national-alcohol-and-other-drug-hotline)
- **Alcoholics Anonymous** [www.aa.org.au](http://www.aa.org.au)
- **Al- Anon and Alateen** [www.al-anon.org.au](http://www.al-anon.org.au)
- **Alcohol and Drug Foundation** [www.adf.org.au](http://www.adf.org.au)
- **Ask Izzy** [www.askizzy.org.au](http://www.askizzy.org.au)

