Patient & Family Guide

2026

Mental Health and Addictions: 7 Lane Unit

Abbie J. Lane Memorial Building, QE II

You are not alone. We are here to help.

nova scotia health

www.nshealth.ca

7 Lane Unit

Welcome to the 7 Lane Unit at the Abbie J. Lane Memorial Building of the QE II Health Sciences Centre.

Address:

Abbie J. Lane Memorial Building, 6th floor
5909 Veterans' Memorial Lane
Halifax, NS B3H 2E2

Phone numbers:

7 Lane Unit:

- Phone: 902-473-2488

Patient line (8 a.m. to 10:30 p.m.):

- Phone: 902-473-7129

Hospital switchboard:

- Phone: 902-473-2220

Visiting hours:

- 10:30 a.m. to 8:30 p.m.

Who is on my treatment team?

Your treatment team includes a psychiatrist, nurses, social workers, pharmacists, psychologists, occupational therapists, and recreation therapists. It may also include students. If you do not want a student as part of your treatment team, please tell your nurse.

Assigned nurse: _____

Psychiatrist: _____

Medical doctor: _____

Psychologist: _____

Social worker: _____

Occupational therapist: _____

Recreation therapist: _____

Health services manager: _____

What is the 7 Lane Unit?

- This is a psychiatric inpatient unit. As an inpatient, you will stay overnight in the hospital while you are being treated. How long you stay on the unit will depend on what brought you to the hospital and how fast your treatment works.
- The unit is a safe place that gives:
  - Emotional and psychological support
  - Treatment choices
  - Access to and help finding the services and resources that are right for you
- We will work with your strengths and supports to help you:
  - Control your symptoms
  - Learn new ways to cope
  - Make short-term and long-term health goals
  - Plan for your future

What will happen when I am admitted?

- We encourage you to share important past or current health information with your treatment team.
- With your consent, your support persons (like family, friends, or loved ones) can share information with your treatment team. This can help us plan your treatment.
- Please tell your treatment team if you would like a support person(s) to be involved in your care plan. They can also ask nursing staff for updates.

Why was I admitted to the hospital?

People come to the 7 Lane Unit for many reasons. Our goals are to help you:

- Recover
- Learn new ways to cope
- Improve your mental health

Meals

- A diet technician will come to the unit to take your order. Please tell them if you have any allergies or would like a certain food.
- **Mealtimes:**
  - Breakfast: 7:45 a.m.
  - Lunch: 11:45 a.m.
  - Dinner: 4:45 p.m.
- Snacks and drinks are available in the kitchen area at any time.

Scent-free policy

- Nova Scotia Health is scent-free. Please **do not** use scented products.

Smoking

- **Smoking is not allowed on the unit or on any part of the hospital grounds.** You can smoke on the sidewalk just past the hospital grounds.
- If you do not have a pass to leave the unit, ask your nurse about nicotine replacement therapy (like patches, gum, or an inhaler).

Parking

- Parking is free for patients and visitors.
- Please ask for a voucher to leave the parkade on Summer Street and the underground parkade on Veterans' Memorial Lane.
- There is limited street parking on most streets near the hospital.

Safety, respect, and privacy

- For your safety, the main door to the unit is locked. There is always a member of the security team at the door to let people in and out, as needed.
- A member of the security team will search your bags and belongings when you come to the unit. This is for everyone's safety. Please send any valuables home with your support person(s). **The hospital is not responsible for the loss of any items.**
- Medication and sharp items (like shaving razors) will be held at the nursing station.
  - › You will be given your usual medications while you are on the unit.
  - › If you need a razor, please tell your nurse.
- When you are discharged, we will give you back any personal belongings held at the nursing station.

Do not bring alcohol, cannabis, illegal or non-prescription drugs or supplements, or sharp objects to the hospital.

- **Physical and verbal abuse is not allowed.** If this happens, the treatment team will talk with you.
- Please respect the privacy of other patients and staff members by not talking about others, or taking pictures or videos in the hospital.

Seclusion

- If you are a danger to yourself or other people, you may be placed in a secluded room away from others until it is safe for you to be out on the unit.

Passes to leave the unit

- Passes are planned based on safety and on how well your treatment is working.
- Passes start at 8:30 a.m. and end by 8 p.m. Each pass has a time limit (like 15 minutes, 30 minutes, 1 hour).
- Passes may be on or off the hospital grounds. They may be with another person or by yourself.
- Your psychiatrist will work with you to decide what pass level is right for you.

Leaving the unit

- **When you leave the unit, you must sign the passbook at the security desk at the unit's main entrance.** This will make sure your treatment team knows where you are in case they need to reach you.
- **When you come back to the unit, you must sign the passbook at the security desk at the unit's main entrance again.**
- We will tell you about the unit's security policies when you are admitted. Please note, all cigarettes and lighters will be kept at the security desk. These items will be given back to you when you are discharged.

What services are available on the unit?

Personal items

- If you need personal items (like a toothbrush or soap), please ask your nurse.

Sitting area

- This is a place where you can relax by yourself or with others.
  - › Please share the space with others.
  - › Keep the area clean and tidy.
- There is a TV, video games, board games, books, puzzles, and art supplies available.

Recreation activities

- There are recreation activities to support your recovery on and off the unit throughout the week.
- For activities that are off the unit, you will need an off-grounds pass. You can talk with your psychiatrist about getting these passes.
- There are also items you can use in your room (like a yoga mat or art supplies). The recreation therapy team will meet with you to talk about this.

Meeting areas on the unit

- There are areas where you can spend time outside your room:
  - The tranquility room is for privacy.
  - The day room is a common area.
- These spaces are open from 6 a.m. to 11:30 p.m. every day.
- There are also interview rooms for private meetings with your treatment team or your support person(s).

Phone

- There is a phone in the common area. Dial 9, then the phone number.
- Local and long-distance calling are available.

Laundry room

- There is a laundry room on the unit with a washer and a dryer. Ask staff to unlock the door when you are ready to do your laundry. There is laundry soap available.

Language and translation services

- Nova Scotia Health offers free language interpretation over the phone and in person. Please ask a staff member to arrange for this service before you meet with your treatment team, if needed.

What services are available at the QE II?

Shoppers Drug Mart

- Halifax Infirmary site, Summer Street entrance

Cashier/business office

Halifax Infirmary site

- Main floor, to the right of the right-hand staircase, past the pharmacy (same side of the wall)
  - Hours: 8 a.m. to 2:45 p.m. (Monday to Friday), closed from noon to 1 p.m.
  - Phone: 902-473-8960
- The business office is like a bank.
  - You can deposit personal cheques and withdraw cash or money orders while you are in the hospital. You will get a receipt for each deposit. You can also make a deposit after hours, using the envelopes that are given.
  - You can withdraw your deposits while you are in the hospital or when you are discharged.
- **Please send any valuables home with your support person(s) as soon as you can. The hospital is not responsible for the loss of any items.**

Clothes City (free, second-hand clothes and shoes)

- Abbie J. Lane Memorial Building, 2nd floor
  - Turn left when you get off the elevator.
  - Ask your nurse for the hours.

Coffee shops

The Radish Eatery

- Halifax Infirmary building, 2nd floor
  - Hours: 7 a.m. to 11 p.m., 7 days a week

The Poppy Eatery

- Veterans' Memorial Building, 1st floor
  - Hours: 7 a.m. to 11 p.m., 7 days a week

Spiritual spaces

- Halifax Infirmary building, 2nd floor, next to the library
  - This quiet space is open 24 hours a day.

How can I help myself?

- **Meet regularly with your treatment team and work on your treatment plan.**
- Follow unit rules and hospital policies.
- Treat everyone with respect.
- Respect the privacy and personal belongings of others.
- Each day, we ask that you:
  - Look after your personal care (take a shower, brush your teeth, comb your hair)
  - Eat meals at the dining table with other people
  - Go outside and exercise (if you have a pass to leave the unit)
  - At night, try to rest and sleep
- If you would like to learn more about coping with mental health struggles, ask a member of your treatment team for a copy of *The Coping Handbook*.

Discharge planning (getting ready to leave the hospital)

- **You and your treatment team will start planning for your discharge shortly after you are admitted to the hospital.**
- We will not know your discharge date right away. There are many things that can change your discharge date (like how fast you respond to treatment, how long it takes to set up supports outside of the hospital). Please be patient.
- **It is important to follow the discharge plan that you and your treatment team create. This is important for your recovery and mental health.**
- Your discharge plan may include:
  - Confirming an outpatient mental health appointment in your community
  - Helping you connect with community resources
  - **Prescribing medications:** Your prescriptions will be sent to the pharmacy where you usually get your medication(s). Talk to the social worker if you need help paying for your medication(s).

How can my support person(s) help?

- **Your support person(s) is an important part of your treatment team.** They can support you by:
  - Sharing background and care information that they think would help the treatment team
  - Learning about mental illness and taking part in education programs
  - Building a support network of family, friends, and support groups
  - Taking part in your treatment meetings
  - Helping with discharge planning
  - Taking care of themselves by keeping up the activities they enjoy

> **Remember:** Everyone goes through illness, treatment, and recovery in their own way.

Common words used in the hospital

Being in the hospital can be confusing, especially when you hear new words or abbreviations. You might hear words like:

Involuntary assessment

- An involuntary assessment is when your treatment team observes you to assess your safety, diagnosis, and/or treatment needs. This is done for 72 hours (3 days).
- At the end of the 3 days, you may:
  - Be discharged
  - Be offered a voluntary (you are willing) admission
  - Need an involuntary (you are not willing) admission

Patient Rights Advisor

  - Phone: 902-404-3322
  - Phone (toll-free): 1-866-779-3322

- If your treatment team decides that you need an involuntary admission to the hospital, they will contact a Patient Rights Advisor. The advisor will meet with you and contact your substitute decision-maker (SDM) (the person who can legally act for you) to give them information and answer any questions they may have about the *Involuntary Psychiatric Treatment Act (IPTA)*.

- For more information, ask a member of your treatment team for pamphlet 1146, *Your Rights Under the Involuntary Psychiatric Treatment Act (IPTA)*, scan the QR code below, or visit:
  - www.nshealth.ca/patient-education-resources/1146

Scan the QR code on your device (open the camera on your device, point the camera at the code, and tap the banner or border that appears)

Involuntary admission

- This is when a person is admitted to the hospital because the treatment team has found:
  - They are a danger to themselves or others
    or
  - Their mental health will get worse if they do not receive inpatient treatment
- A person may also be admitted involuntarily if they are not able to make safe and/or good decisions about their treatment because of their condition.

Feedback

- If you have concerns or feedback at any time during your stay, please tell your treatment team. There are also other ways to give feedback:
  - Comment cards on the unit
  - **Patient Relations:**
    - Phone: 902-473-2133
    - Phone (toll-free): 1-844-884-4177, option 4
    - Email: czpatientrelations@nshealth.ca

What are your questions?

Please ask a member of your treatment team. We are here to help you.

Notes:

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: https://811.novascotia.ca

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To be reviewed November 2029 or sooner, if needed.
Learn more: https://library.nshealth.ca/patient-education-resources

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