everyday basic needs

When your basic needs aren't met, it is difficult to think about the future.

Achieving financial stability requires that you and your family's basic needs are met so that you can plan and save for your goals or unexpected expenses. But for too many in Greater Houston, impossible choices, like deciding between food, rent, or medicine are a daily concern.

Connecting our neighbors to help and hope

13% of households across Greater Houston are living on incomes below the federal poverty threshold, and another **31%** of households are working hard but can't afford the basic necessities of life. This is underscored by calls to our 211 Texas/ United Way HELPLINE, many of which are for help with basic needs.

In 2023, 211 connected:

84,755 people with utility assistance

69,265 people with rent or mortgage assistance

40,871 people with housing services

29,750 people with public benefits/income assistance

29,353 people connected with food programs and services

38,116 people supported in escaping violent environments

The safety net provided by 211 also includes immediate short-term services focused on safety for those fleeing domestic violence, human trafficking, or vulnerable populations such as refugees.

With your support, the 211 Texas/United Way HELPLINE connected 1.2 million of our neighbors with help, hope, and critical resources in 2023.

learn more:

unitedwayhouston.org/everyday-basic-needs

united way connects people to possibility.

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United Way Greater Houston