

Community Assistance

United Way Helpline - 24/7

“211” or 713-957-HELP

Help with **food, clothing, other basic needs, utility, rent and other financial help** as well as many **other assistance** – by zip code and for each county

- List of community agencies by zip code that have a variety of assistance
- Can reach a live HHSC (food stamps, TANF, Medicaid) rep M-F 8a-8p
- Link to crisis lines
- Depts. specifically for veterans and seniors
- SERVES Harris, Fort Bend and Montgomery Counties

<http://referral.unitedwayhouston.org/>

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### **Harris County Resource Navigator**

713-696-1998 / [navigator@csd.hctx.net](mailto:navigator@csd.hctx.net)

For help navigating the “social service maze” in Harris County - works with clients or staff; assists with homeless services, housing, employment, insurance, medical needs, transportation, food, clothing and more