

Lebanon at a Tipping Point

The Crisis in Context

Since late February 2026, escalating conflict across the Middle East, including direct hits to Lebanon, has pushed the country into one of the most severe displacement crises in its modern history. **More than 1.2 million people have been displaced — including over 300,000 children**, many fleeing for the second time in under two years. Lebanese authorities report more than 1,500 killed and nearly 5,000 injured since hostilities began.

On April 8, the conflict reached a new threshold. Approximately 100 airstrikes in a ten-minute window killed at least 250 people and injured more than 1,100. Strikes have targeted southern Lebanon, the Bekaa Valley, and Beirut. Damage to roads, bridges, and civilian infrastructure has severed more than 150,000 people from essential services and aid.

Lebanon entered this crisis already under significant strain after years of economic deterioration, a fragmented political system, and a healthcare sector operating well below capacity. What is unfolding now requires an immediate international response.

CARE has operated in Lebanon for more than 20 years — through the 2006 war, the 2020 Beirut port explosion, the economic collapse, and the 2024 displacement crisis. We are on the ground running with experienced staff, trusted local partnerships, and access that organizations arriving today cannot replicate.

Three conditions defining the humanitarian stakes:

1. **Mass displacement.** With more than a million people displaced, urban shelter capacity is exhausted. Tens of thousands more are sleeping in cars, on streets, or in informal shelters.
2. **A health system in crisis.** 49 primary health care centers and five hospitals have closed. Health authorities are warning of serious outbreak risks: measles, waterborne disease, and respiratory illness spreading through overcrowded shelters with little sanitation.
3. **Civilian infrastructure under sustained attack.** Strikes on ports, water systems, and power networks are eliminating the basic infrastructure communities need to survive and recover.

“A woman who gave birth just four days ago was lying on the sidewalk with her newborn.

She is still in pain and cannot care for her surgical wounds. No woman should face this.”

- Nour Kassab, Gender & Protection Coordinator,
CARE Lebanon

CARE's Response

As of April 6, CARE has already **reached over 31,000 people** across 131 shelters and displacement sites in Beirut, Mount Lebanon, North Lebanon, and South Lebanon. We are focused on:

Water & Sanitation: We have distributed over 53,000 liters of water across shelters and provided sanitation kits to the most densely occupied sites, where waterborne diseases are an imminent threat.

Food Security: With bread prices up 17% since the crisis began, families are in desperate need of access to nutritious food. So far, we have provided 42,500 hot meals and 2,085 ready-to-eat packages.

Gender & Protection: Women and girls make up more than half of the displaced and are at greatest risk of violence and trauma. CARE is delivering the hygiene supplies, psychosocial support, and protection services these women and girls need while they are in shelters.

Shelter: Families are sheltered in schools, stadiums, and informal sites. CARE is delivering shelter kits, solar lamps, and emergency cash for rent, while positioning for longer-term repair in communities where homes have been destroyed.

Health: With nearly 50 primary health care centers and five hospitals now closed, CARE is filling gaps that the formal health system can no longer cover — providing gynecological consultations, prenatal care, diagnostic testing, and family planning services to women with nowhere else to turn.

CARE's Response by the Numbers

31,000+ people reached with a three-month target of 199,000 people reached

Water & Sanitation — 13,000+ reached

- 44,000 litres of safe drinking water
- 1,800 hygiene and sanitation kits
- Emergency water trucking
- Temporary sanitation units

Food Security — 15,000+ reached

- 42,500 hot meals served
- 2,100 ready-to-eat meal packages
- Emergency food parcels
- Cash assistance for food

Gender & Protection — 2,600+ reached

- 1,500 dignity kits distributed
- GBV case management and referrals
- Mental health and psychosocial support
- Medical consultations

Shelter — 40+ reached

- Non-food item (NFI) kits
- Solar lamps for displaced families
- Cash assistance for rent
- Emergency shelter repair

Health — 160+ reached

- 105+ gynecological consultations
- Prenatal and maternal care
- Diagnostic testing
- Family planning services

**Figures rounded. Health and Shelter programs are in early activation phase.*

How You Can Help

As hostilities continue and displacement deepens, the families we reach today face a real risk of being abandoned when media attention shifts. CARE is committed to sustaining a presence through the acute phase and into recovery by:

Providing hot meals, clean water, and hygiene supplies to families with no other means of meeting basic needs

Distributing dignity kits, deliver mental health support, and run Gender Based Violence case management for women and girls facing sharply elevated protection risks.

Deploying emergency cash assistance so displaced families can meet their most urgent — and most unpredictable — needs with dignity and speed. Emergency cash allows families to buy food, pay for shelter, access health care and medicines, arrange transportation, and secure clean water and hygiene supplies

Ensuring families in unsafe or informal shelter sites have access to essential non-food items, solar lamps, and emergency repair support

Sustaining a presence in hard-to-reach communities currently cut off by infrastructure damage, reaching them as conditions allow

Your investment arrives at a pivotal moment for Lebanon, when families are struggling to survive yet urgently need pathways to stability. This support does far more than meet immediate needs — it unlocks CARE Lebanon's ability to restore dignity, rebuild livelihoods, and sustain lasting impact.

\$50,000 provides shelter essentials — a mattress, blanket, sleeping mat, and pillow — for more than 4,700 displaced people, and solar lamps for nearly 950 families currently living without electricity.

For families, this is the difference between enduring displacement and surviving it with basic comfort and safety. A lamp means a child can do homework. It means a parent can see at night.

\$100,000 enables approximately 500 families to meet their most urgent needs through emergency cash assistance, coupled with access to food, clean water, and hygiene supplies.

This means parents can put nutritious meals on the table, purchase medicine for a sick child, or pay for transportation so a child can return to school.

\$250,000 provides comprehensive protection and health services for approximately 1,500 women and girls facing heightened risk in displacement settings.

Your support helps ensure a woman can safely deliver a baby, a survivor of violence can receive trauma-informed care, and a girl can be protected from abuse and exploitation. Combined with dignity-centered cash and essential supplies, this investment restores safety, privacy, and confidence during one of the most vulnerable periods of their lives.

