

Let Alma help you find high quality, affordable mental health care.

Alma

WHY ALMA?



A simple, supportive search process

- ✓ **Easy-to-use directory**
Search our directory by age, gender, speciality, race and ethnicity, sexual orientation, therapeutic style, specific concerns, and more.
- ✓ **Free matching support**
Request one-on-one help from our matching team and choose a provider from a list of personalized recommendations.
- ✓ **In-person and virtual care**
Alma connects you with a diverse, national network of therapists and psychiatrists who fit your budget, schedule, and needs.

BY THE NUMBERS

90%

percentage of people who match with a provider within one week

4k

number of providers who are available across 48 states

48%

percentage of providers who work with children and adolescents

A network of providers committed to quality care

Providers at Alma are committed to continuing education, professional development, and offering culturally competent care.



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My goal as a therapist is to create a safe space where individuals feel free to express themselves, no matter what that expression looks like.

- PAM SKOP, LMHC, RYT



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This work is not just what I chose to do, it's truly who I am.

- JENNIFER MURAYAMA, LCSW

To get started, visit helloalma.com or reach out to Alma's Client Matching team at care@helloalma.com for one-on-one support.