Alma is on a mission to make high-quality mental health care *affordable* and *accessible*.

WHY ALMA?

Alma's simple, supportive search process connects people seeking care with a diverse network of therapists and psychiatrists across the country. We also work with insurance carriers and EAPs to simplify claims—so they can spend less time navigating benefits, and more time making real progress on their mental health.

A simpler search process

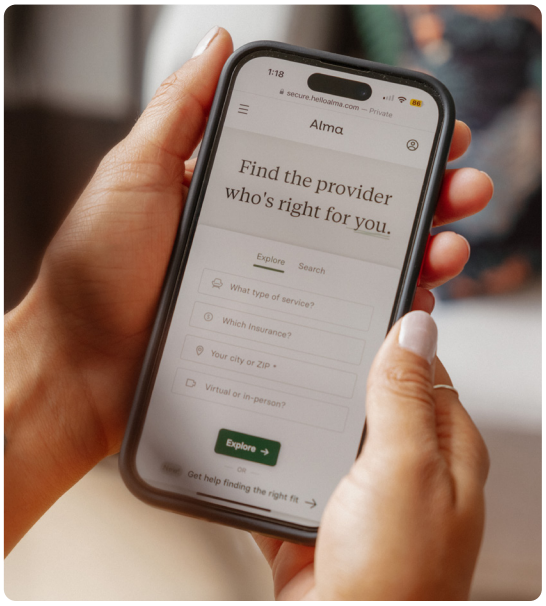
Anyone can browse our directory and filter their search based on what they'd like to focus on, scheduling availability, and in-person vs. telehealth sessions.

Care tailored to individual preferences

People seeking care can also narrow down their options based on the clinician qualities that matter to them—including therapeutic styles, gender, race or ethnicity, and more.

Commitment to clinical outcomes

Over 80% of people who find care through Alma and show symptoms of depression or anxiety at the outset see measurable improvement over the course of sessions.



BY THE NUMBERS

3 days
the average amount of time in which people receive care

24k+
the number of providers across all 50 states*

40%
the percentage of Alma clinicians who self-identify as Black, Hispanic/Latine, or Asian

36+
the number of languages spoken providers in Alma's network

Visit helloalma.com to learn more.

**The number of available clinicians varies by insurance provider.*

Alma