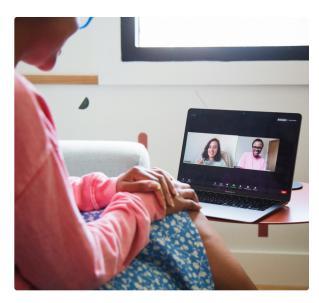
Let Alma help you find high quality, affordable mental health care.

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.



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



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

- JENNIFER MURAYAMA, LCSW