

Alma

A simple, supportive approach to mental health care.



WHY ALMA?

✓ Easy-to-use directory

Search Alma's diverse network for qualities that matter to you — like gender, age, race, specialty, area of concern, therapeutic style, and more!

✓ In-network options

Over 95% of therapists at Alma take insurance. We'll even help you understand your copay or coinsurance costs before you get started.

✓ Faster time to care

Sort the directory to show therapists with the soonest availability first. Instantly schedule a free consultation at a time that works best for you.



“It takes courage and bravery to show up for yourself and express what you want.”

CHRISTINA VARGO, LCSW
Alma Provider

Therapists at Alma help with...

- ✓ Anxiety and depression
- ✓ Life transitions
- ✓ Post-traumatic stress
- ✓ Personal growth
- ✓ Marriage and relationships
- ✓ Addiction and substance abuse

To learn more, visit helloalma.com

Surest Member Services:

866-683-6440, Monday – Friday, 6 am – 9 pm CT.

Brought to you by: **surest™**