

## 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](https://helloalma.com)