

Find a therapist who gets you — and takes insurance



3 days

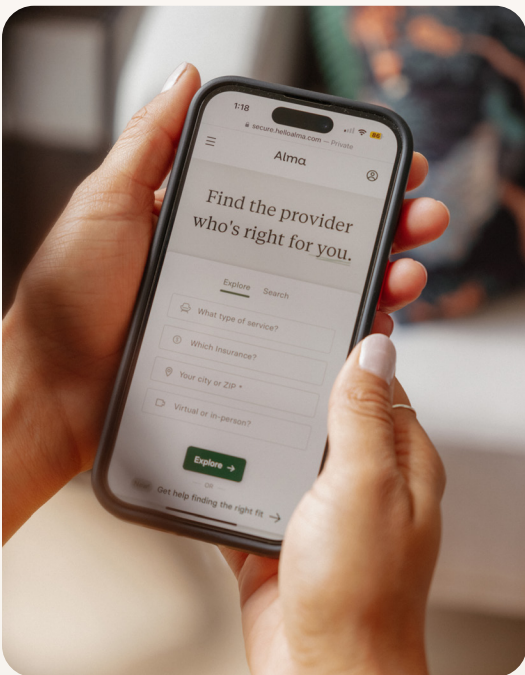
average time to
get connected.

22k+*

therapists across
all 50 states.

40%

of therapists identify as **Black,**
Hispanic/Latine, or Asian.



Alma Makes it Easy:

✓ **Affordable therapy covered by insurance.**

Reduce cost by using your insurance benefits. We make it simple to review your coverage and know how much you'll pay.

✓ **Meet a therapist within days.**

We'll help you connect with a therapist within 3 days. Then, you can book a free, 15-minute, no-commitment session to get to know them.

✓ **Find your right fit.**

Great therapy starts with a great connection. We want you to feel deeply understood by your therapist, just like 97% of our clients.

Want to find a therapist who takes insurance?

We've helped thousands of people get support.

“My therapist and I really clicked right from the start, and my sessions have been a life changer for me in so many ways.”

-ALMA CLIENT

