



## About Balance Counseling Highlights Depression Therapy Support for Adults and Teens

*August 18, 2026*

LONGMONT, CO - August 18, 2026 -

About Balance Counseling, a mental health service provider based in Longmont, Colorado, is drawing attention to the ways depression affects daily life and the role that structured counseling can play in helping adults and teens manage emotional challenges. The practice is reinforcing its message that individuals do not need to wait until symptoms become severe before seeking support.

Depression often shows up quietly across the routines of everyday life. Common experiences include persistent low mood, loss of interest in activities that once brought enjoyment, low motivation, changes in sleep, difficulty concentrating, and a growing sense of isolation. For many people, these patterns build gradually, leaving them feeling disconnected from work, relationships, and the ordinary activities that once felt manageable.

The practice notes that depression looks different from person to person. Some adults describe feeling emotionally flat or exhausted, while teens may show shifts in academic focus, social withdrawal, or changes

in behavior at home and school. Because the signs vary so widely, About Balance Counseling encourages both adults and teens to consider support earlier rather than later.

Depression therapy is designed to help individuals better understand the patterns that contribute to emotional difficulties. Through counseling, individuals can develop healthier coping strategies, improve emotional awareness, and begin making manageable changes over time. The approach centers on practical steps rather than overwhelming expectations, allowing people to move forward at a pace that feels realistic.

"Depression rarely announces itself in obvious ways, which is part of what makes it so difficult to address," said David Ejchorszt of About Balance Counseling. "Many of the adults and teens who come in describe a slow drift away from the things they care about. The work in therapy is often about helping them notice those patterns and rebuild a sense of connection, one manageable step at a time."

While depression remains the central focus, the practice acknowledges that anxiety frequently overlaps with it. Individuals may experience both at once, and counseling can address the ways these concerns influence one another. This dual awareness allows individuals to explore the full picture of what they are experiencing rather than treating each concern in isolation.

About Balance Counseling continues to serve the Longmont community and surrounding areas, offering both in-person and online sessions to accommodate different schedules and preferences. The practice positions itself as a steady resource for adults seeking help with depression, with teen therapy available for younger individuals navigating self-esteem, academic pressure, and emotional change.

"Seeking counseling is not a sign that things have reached a breaking point," Ejchorszt added. "It can simply be a way to gain clarity and support before challenges deepen. That message matters for adults and teens alike."

About Balance Counseling is a mental health service provider in Longmont, Colorado, offering counseling and therapy for adults and teens. Services include depression therapy, anxiety therapy, teen therapy, online therapy, grief counseling, and career counseling, among others. The practice is led by David Ejchorszt, a certified clinical anxiety treatment professional with more than ten years of experience working with adults, teens, and couples. The practice is LGBTQ+ friendly and veteran-owned.

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For more information about About Balance Counseling, contact the company here: About Balance Counseling David Ejchorszt (720) 675-7016 david@aboutbalancecounseling.com 601 S Bowen St, Ste 202, Longmont, CO, 80501

## About Balance Counseling

*About Balance Counseling in Longmont, CO, led by David Ejchorszt, offers compassionate anxiety therapy, depression therapy, and specialized teen therapy, with in-person and online counseling that supports emotional healing and healthy coping.*

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