



# **About Balance Counseling Highlights Depression Therapy and Counseling Process for Adults Seeking Renewed Balance**

*September 25, 2026*

LONGMONT, CO - September 25, 2026 -

About Balance Counseling, a mental health service provider based in Longmont, Colorado, is drawing attention to the ways structured counseling can help adults and teens move through depression toward greater engagement in everyday life. The practice is emphasizing the counseling process itself, including how gradual, realistic progress can support individuals who feel disconnected, unmotivated, overwhelmed, or stuck.

Depression often reaches beyond mood, touching daily routines, relationships, work or school performance, personal interests, and energy levels. Ordinary responsibilities that once felt manageable can begin to feel heavy, and activities that once brought meaning may fall away. About Balance Counseling notes that these effects can build quietly over time, making it difficult for individuals to recognize the patterns shaping their experience.

Through its depression counseling services, the practice works with clients to identify those patterns and understand how they may be contributing to ongoing difficulties. Sessions focus on developing healthier coping strategies, setting manageable goals, and gradually reconnecting with the relationships and activities that hold personal value. The approach reflects the practice's view that meaningful change tends to arrive in steps rather than all at once.

"Depression can make even small tasks feel out of reach, and that sense of being stuck is something people carry quietly for a long time," said David Ejchorszt, founder and lead clinician at About Balance Counseling. "The counseling process is not about a quick fix. It is about creating a steady, supportive setting where a person can examine what is happening, build practical skills, and take small steps that add up over time."

The practice stresses that outcomes differ from person to person and that counseling is not an instant solution. Instead, therapy offers a place to address challenges honestly, practice new approaches, and work toward positive changes at a sustainable pace. The idea of rediscovering balance and hope is presented as a realistic possibility rather than a guaranteed result, shaped by each individual's circumstances and goals.

While adults remain the primary focus of this effort, About Balance Counseling also works with teens facing depression alongside pressures related to self-esteem, peer relationships, and academic stress. The practice provides a space for younger clients to explore their feelings and develop coping mechanisms suited to their stage of life.

"Progress in therapy often looks like reconnecting with an old interest, repairing a strained relationship, or simply feeling more capable of handling the day," Ejchorszt added. "Those changes matter, and they are worth working toward."

About Balance Counseling offers a range of counseling and therapy services for adults and teens, with a focus on helping individuals address anxiety, depression, and the pressures of everyday life. In addition to depression therapy, the practice provides anxiety therapy, teen therapy, online therapy, LGBTQ+ supportive counseling, Christian counseling, career counseling, anger management, and grief counseling. The company offers both in-person and online sessions and is led by David Ejchorszt, a certified clinical anxiety treatment professional with more than ten years of experience working with adults, teens, and couples in Longmont, Colorado.

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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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