

About Balance Counseling Offers Guidance to Help Parents Support Teen Mental Health

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About Balance Counseling, a mental health service provider based in Longmont, Colorado, has released new guidance for parents and caregivers seeking to support a teenager who is struggling emotionally. The practice, led by Licensed Clinical Social Worker David Ejchorszt, is addressing a common concern among families: how to reach a teen who may be reluctant to open up about what they are experiencing.

Adolescents today face a range of stressors, including academic pressure, shifting friendships, social media influence, and uncertainty about the future. These challenges can show up as changes in mood, emotional withdrawal, or increased conflict at home. The new guidance focuses on practical steps parents can take to begin a conversation and keep communication open, even when a teen is not ready to talk.

Among the suggestions, About Balance Counseling encourages parents to choose a low-pressure moment rather than a tense one, such as during a drive or a shared activity. Calmly naming a specific change they have noticed, without judgment, can help a teen feel seen. The guidance also emphasizes listening first and

offering advice later, which allows a teen to feel heard rather than corrected. When a teenager is not yet ready to open up, parents are encouraged to let them know the door remains open and that support is available whenever they choose to reach out.

The guidance also addresses when families might consider professional help. When changes in mood, withdrawal, or ongoing conflict persist and begin to interfere with daily life, reaching out to a counselor can provide additional support. Teen counseling services give adolescents a dedicated space to express themselves, better understand their emotions, and build coping and communication skills that serve them beyond the counseling room.

"Many parents tell us they can see their teen is struggling, but they are not sure how to start the conversation or whether they are making things worse by asking," said David Ejchorszt, Licensed Clinical Social Worker and founder of About Balance Counseling. "The most important thing a parent can do is show up calmly and consistently. A teen does not need a parent to have all the answers. They need to know someone is paying attention and is ready to listen when they are ready to talk."

The practice also acknowledges that parents often have questions about their own role during the counseling process and what information can be shared with them. About Balance Counseling works with families to clarify expectations around confidentiality while keeping parents informed and involved in a way that supports the teen's progress.

"Counseling works best when it is part of a wider support system," Ejchorszt added. "What happens at home matters just as much as what happens in a session. We see ourselves as a resource for the whole family, not only the teen."

About Balance Counseling is a mental health service provider based in Longmont, Colorado. The practice offers counseling and therapy for adults and teens, including anxiety therapy, depression therapy, teen therapy, online therapy, LGBTQ+ supportive counseling, Christian counseling, career counseling, anger management, and grief counseling. 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.

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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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