

About Balance Counseling Expands Services for Teens Facing Anxiety and Depression in Longmont, Colorado

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LONGMONT, CO - March 03, 2026 -
About Balance Counseling in Longmont, Colorado, has expanded its mental health services to address the growing need for accessible therapy among teenagers and adults struggling with anxiety and depression. The counseling practice, located in Colorado, provides specialized treatment programs designed to help individuals overcome emotional challenges and develop healthy coping mechanisms.

The expansion comes as mental health concerns among adolescents continue to rise nationwide, with recent studies indicating that approximately one in three teenagers experiences anxiety disorders. The Longmont-based practice offers comprehensive therapy services, including anxiety therapy, depression therapy, and specialized teen counseling to address these pressing mental health needs in the community.

"We're seeing an unprecedented demand for mental health services, particularly among teenagers who are navigating academic pressures, social challenges, and the complexities of identity development," said David Ejchorszt, certified clinical anxiety treatment professional and founder of About Balance Counseling. "Our

expanded services ensure that young people and their families have access to professional support when they need it most."

The practice addresses a wide range of mental health concerns, including stress, panic disorders, persistent sadness, emotional overwhelm, school-related pressure, and life transitions. These conditions can significantly impact daily functioning, affecting work performance, relationships, academic achievement, and overall quality of life. Having access to local therapy services in Longmont enables individuals to receive consistent, community-based care without the barriers of long-distance travel.

About Balance Counseling employs evidence-based treatment methods and develops personalized treatment plans for each client. The practice provides one-on-one counseling sessions in a safe, confidential environment where clients can explore their challenges and work toward meaningful change. Ejchorszt brings over ten years of experience working with adults, teens, and couples, specializing in anxiety and depression treatment.

Teen therapy services specifically address the unique challenges adolescents face, including academic stress, peer pressure, emotional regulation difficulties, and identity development. The practice recognizes that teenage years present distinct psychological challenges that require specialized therapeutic approaches.

"Supporting teenagers through therapy benefits not just the individual but the entire family system," added Ejchorszt. "When teens develop healthy coping strategies and emotional awareness, it creates positive ripple effects in their relationships with parents, siblings, and peers."

The practice offers both in-person and online therapy options to accommodate different schedules and preferences. Additionally, About Balance Counseling accepts various insurance plans to reduce financial barriers to mental health care.

About Balance Counseling is a veteran-owned, LGBTQ+-friendly mental health practice serving the Longmont community and surrounding areas. The practice specializes in anxiety therapy, depression therapy, teen counseling, grief counseling, anger management, and career counseling. With a commitment to providing accessible, professional mental health services, About Balance Counseling supports individuals and families through life's challenges while promoting emotional wellness and personal growth.

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For more information about About Balance Counseling, contact the company here:About Balance CounselingDavid Ejchorszt(720) 675-7016david@aboutbalancecounseling.com601 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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