

About Balance Counseling Expands Support for Teens and Families Facing Modern Stressors

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LONGMONT, CO - May 26, 2026 -
About Balance Counseling, a mental health practice serving the Longmont community, has expanded its therapeutic services to address the growing mental health challenges facing teenagers and families navigating today's complex social and academic pressures.

The expansion comes as mental health professionals across Colorado report increasing rates of anxiety and depression among adolescents, with academic pressure, social media stress, and family conflicts contributing to emotional overwhelm in young people. The practice has developed specialized approaches to help teens develop healthy coping mechanisms while supporting parents in understanding and responding to their children's emotional needs.

Teenagers today face unprecedented challenges that differ significantly from previous generations. Academic competition has intensified, social dynamics have become more complex through digital platforms, and the pressure to succeed can create overwhelming stress. These factors often lead to anxiety, depression, and

strained family relationships that require professional intervention and support.

"Working with teenagers requires creating an environment where they feel genuinely heard and understood without judgment," said David Ejchorszt, founder and certified clinical anxiety treatment professional at About Balance Counseling. "Many teens struggle to articulate their emotions or may not fully understand what they're experiencing. Our role is to provide them with tools to navigate these challenges while helping families strengthen their communication and connection."

The practice emphasizes the importance of early intervention when teens show signs of emotional distress. Common indicators include withdrawal from family activities, declining academic performance, changes in sleep patterns, increased irritability, and loss of interest in previously enjoyed activities. Parents often struggle to differentiate between typical teenage behavior and signs that professional support might be beneficial.

Family dynamics play a crucial role in teen mental health. When one family member struggles, it affects the entire household. The practice works with both teens and parents to improve communication patterns, establish healthy boundaries, and develop strategies for managing conflict constructively. This comprehensive approach helps families build resilience and create supportive home environments.

The Longmont counseling services provided include individual teen therapy, family counseling sessions, and parent consultation to address specific concerns. The practice utilizes evidence-based therapeutic methods tailored to adolescent development, incorporating techniques that resonate with younger clients while maintaining clinical effectiveness.

"Supporting teens through major life transitions requires patience and specialized expertise," Ejchorszt noted. "Whether they're dealing with academic stress, peer relationships, identity questions, or family changes, having professional support can make a significant difference in their emotional development and future well-being."

About Balance Counseling is a veteran-owned mental health practice that has served the Longmont community for over ten years. The practice offers comprehensive mental health services including anxiety treatment, depression therapy, grief counseling, and specialized support for teens and families. With both in-person and online therapy options available, the practice accepts various insurance plans to reduce financial barriers to mental health care. The team focuses on creating personalized treatment approaches that meet clients where they are in their mental health journey.

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For more information about About Balance Counseling, contact the company here:About Balance

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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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