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Astra Psychiatry Brings In-Person Psychiatric Care to Sussex County Families

Bethany Beach office welcomes adolescents ages 13+ and adults, alongside telehealth in Delaware, Connecticut, and New York

BETHANY BEACH, Del. — November 2, 2026 — Astra Psychiatry has expanded with a new in-person office at 39682 Sunrise Ct., Bethany Beach, DE 19930. The office offers psychiatric evaluations and medication management for adolescents ages 13 and older and adults. Astra's existing telehealth services remain available throughout Delaware, Connecticut, and New York.

Astra was founded on accessible, approachable, relationship-based care: patients see the same provider at each visit and are given time to be heard. The Bethany Beach office brings that approach closer to home for families along the coast.

"Access to mental health care shouldn't depend on how far you're willing to drive or how long you're willing to wait," said Nick Stanzione, MSN, PMHNP-BC, co-founder, who will see patients at the Bethany Beach office. "We wanted to be a welcoming, local option where people feel known, not rushed."

Co-founder Kris Generales, DNP, PMHNP-BC, will continue to see patients by telehealth. "Some people prefer meeting from home, and others want to sit down with someone in person," said Generales. "Offering both lets patients choose what works best for them."

Astra is also committed to working alongside local healthcare professionals, schools, and community organizations. "We're grateful to be part of this community, and we look forward to collaborating with the providers and partners who care for local patients and families," said Stanzione.

In-person appointments are available by appointment at our Bethany Beach office. A live answering service is available 24/7 outside office hours to take messages and help with administrative needs such as scheduling. It does not provide clinical support. In an emergency, call 911. For a mental health crisis, call or text 988.

To learn more or schedule a visit, go to **astrapsychiatry.com** or call **(914) 764-2954**.

About Astra Psychiatry
Astra Psychiatry is led by board-certified psychiatric mental health nurse practitioners. The practice provides psychiatric evaluations and medication management in person in Bethany Beach, Delaware, and via telehealth in Delaware, Connecticut, and New York. Learn more at astrapsychiatry.com.

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