



THE BURNT CHEF PROJECT

The Burnt Chef Project challenges mental health stigma whilst educating and supporting individuals and businesses within the hospitality ecosystem

84% experienced mental health issues within their career



46% would feel uncomfortable talking about their concerns

We're here to change that...



SCAN ME



WWW.THEBURNTCHEFPROJECT.COM
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F K
STIGMA

THE BURNT CHEF
PROJECT

WE'RE PROUD TO SHARE THAT IN JUST
THE LAST 3 YEARS WE HAVE...

OVER
20,500

HEALTH AND WELLBEING MODULES
COMPLETED FOR **FREE** BY WORLDWIDE
HOSPITALITY PROFESSIONALS VIA THE
BURNT CHEF ACADEMY



170

TRAINED GLOBAL PEER
SUPPORT NETWORK
AMBASSADORS

MORE THAN

3,700

STUDENTS TRAINED FOR **FREE** IN
MENTAL HEALTH AWARENESS AND
STRESS REDUCTION ACROSS **103**
CULINARY COLLEGES

HELD

7,943

CONVERSATIONS &
PROVIDED **FREE** MENTAL
HEALTH SUPPORT AROUND
THE CLOCK



...AND WE'RE JUST GETTING STARTED!

THINK YOU KNOW THE BURNT CHEF PROJECT?

THINK AGAIN...

OUR SERVICES

AWARENESS

EDUCATION

SUPPORT

DATA

FUNDRAISING



The Burnt Chef Shop



The Burnt Chef Leadership Apprenticeship



The Burnt Chef Support Service



Psychology Led Data Tool



The Burnt Chef Sky Dive
All Year



The Burnt Chef Podcast



The Burnt Chef Academy



International Peer Support



Surveys



The Burnt Chef London to Brighton
Annual



International Ambassadors



Hospitality Mental Health & Resilience Training



Wellbeing & Therapy App



University and Whitepaper Reports



SEA TO SUMMIT
Annual



Free College Talks



**MHFA England
Mental Health First Aid**



Global FAP and Trauma Support



Ultra Challenge Series
All Year



Suicide First Aid Training



Global Incident Support



TOUGH MUDDER
Annual



Hospitality's Mental Health Heroes 2025 Annual



Menopause for Managers



Certification



KILIMANJARO
September 2025

PUT MENTAL HEALTH ON YOUR MENU



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SCAN ME

“BUT I’M FIT AND HEALTHY”

IT’S EASY TO NEGLECT OUR
MENTAL HEALTH...

REACH OUT AND TALK TO US

FOR FREE, CONFIDENTIAL
SUPPORT WHEN YOU NEED IT

FIND SUPPORT HERE:



WWW.THEBURNTCHEFPROJECT.COM