



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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FK 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



[The Burnt Chef Shop](#)



[THE BURNT CHEF PODCAST](#)

[The Burnt Chef Podcast](#)



[International Ambassadors](#)



[Free College Talks](#)



[Annual](#)

EDUCATION



[THE BURNT CHEF LEADERSHIP APPRENTICESHIP](#)
[BLCF Apprenticeships](#)



[THE BURNT CHEF ACADEMY](#)
[The Burnt Chef Academy](#)



[THE BURNT CHEF PROJECT](#)
[Hospitality Mental Health & Resilience Training](#)



[MHFA England](#)
[Mental Health First Aid](#)



[Suicide First Aid Training](#)



[Menopause for Managers](#)

SUPPORT



[The Burnt Chef Support Service](#)



[THE BURNT CHEF PROJECT](#)
[AMBASSADOR SCHEME](#)

[International Peer Support](#)



[THE BURNT CHEF PROJECT](#)
[Wellbeing & Therapy App](#)



[Global FAP and Trauma Support](#)



[Global Incident Support](#)



[Certification](#)

DATA



[THE BURNT CHEF PROJECT](#)
[Psychology Led Data Tool](#)



[Surveys](#)



[University and Whitepaper Reports](#)

FUNDRAISING



[All Year](#)



[THE BURNT CHEF LONDON TO BRIGHTON ANNUAL](#)



[Annual](#)



[All Year](#)



[Annual](#)



[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