

NATIONAL SELF CARE WEEK



THE BURNT CHEF PROJECT

SELF CARE ISN'T SELFISH
SELF CARE ISN'T SELFISH
SELF CARE ISN'T SELFISH
SELF CARE ISN'T SELFISH
SELF CARE ISN'T SELFISH
SELF CARE ISN'T SELFISH
SELF CARE ISN'T SELFISH
SELF CARE ISN'T SELFISH

FOR FREE, CONFIDENTIAL
SUPPORT WHEN YOU NEED IT

TEXT **BURNTCHEF**
TO **85258**

FIND SUPPORT HERE



Want to learn more?



WWW.THEBURNTCHEFPROJECT.COM
FOLLOW ON SOCIAL MEDIA

SCAN ME

