



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...



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



THE BURNT CHEF
PROJECT

AMBASSADOR
SCHEME

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



THE BURNT CHEF
SUPPORT SERVICE

TEXT: BURNTCHEF TO 85258
2017 | FREE & CONFIDENTIAL

...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](#)



[International Ambassadors](#)



[Free College Talks](#)



[Annual](#)

EDUCATION



[The Burnt Chef Apprenticeships](#)



[The Burnt Chef Academy](#)



[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 Ambassador Scheme](#)

[International Peer Support](#)



[The Burnt Chef Wellbeing & Therapy App](#)



[Global FAP and Trauma Support](#)



[Global Incident Support](#)

DATA



[The Burnt Chef Psychology Led Data Tool](#)



[Surveys](#)



[University and Whitepaper Reports](#)

FUNDRAISING



[The Burnt Chef Sky Dive All Year](#)



[The Burnt Chef London to Brighton September 2024](#)



[The Burnt Chef Sea to Summit September 2024](#)

PUT MENTAL HEALTH ON YOUR MENU



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“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



TEXT

BURNTCHEF TO 85258



CALL **0800 085 1376 (UK)**



+44 (0)20 7938 0963 (GLOBAL)



EMAIL **BURNTCHEF@CICWELLBEING.COM**

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