



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
FOLLOW ON SOCIAL MEDIA



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



International Ambassadors



Free College Talks



Annual

EDUCATION



The Burnt Chef Apprenticeships



The Burnt Chef Academy



Hospitality Mental Health & Resilience Training



Mental Health First Aid



Suicide First Aid Training



Menopause for Managers

SUPPORT



The Burnt Chef Support Service



International Peer Support



Wellbeing & Therapy App



Global FAP and Trauma Support



Global Incident Support

DATA



Psychology Led Data Tool



Surveys



University and Whitepaper Reports

FUNDRAISING



All Year



September 2024



September 2024

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



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



CALL **0800 085 1376** (UK)



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