



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
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 PROJECT

[The Burnt Chef Podcast](#)



THE BURNT CHEF PROJECT
AMBASSADOR SCHEME

[International Ambassadors](#)



Free College Talks



HOSPITALITY'S MENTAL HEALTH HEROES 2024

Annual

EDUCATION



THE BURNT CHEF PROJECT



[Apprenticeships](#)



THE BURNT CHEF PROJECT

[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 EAP and Trauma Support](#)



[Global Incident Support](#)

DATA



THE BURNT CHEF PROJECT

Psychology Led Data Tool

[Psychology Led Data Tool](#)



Surveys



University and Whitepaper Reports

FUNDRAISING



THE BURNT CHEF SKYDIVE

All Year



THE BURNT CHEF LONDON TO BRIGHTON

September 2024



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)



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