

THE BURNT CHEF PROIECT

The Burnt Chef Project challenges mental health stigma whilst educating and supporting individuals and businesses within the hospitality ecosystem

> experienced mental health issues within their career

46% would feel uncomfortable talking about their concerns

We're here to change that...





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## WE'RE PROUD TO SHARE THAT IN JUST THE LAST 3 YEARS WE HAVE...

17



HEALTH AND WELLBEING MODULES COMPLETED FOR FREE BY WORLDWIDE HOSPITALITY PROFESSIONALS VIA THE BURNT CHEF ACADEMY



AMBASSADOR SCHEME

TRAINED GLOBAL PEER SUPPORT NETWORK AMBASSADOR

MORE THAN



7**.9**28

STUDENTS TRAINED FOR FREE IN MENTAL HEALTH AWARENESS AND STRESS REDUCTION ACROSS 103 CULINARY COLLEGES

HELD

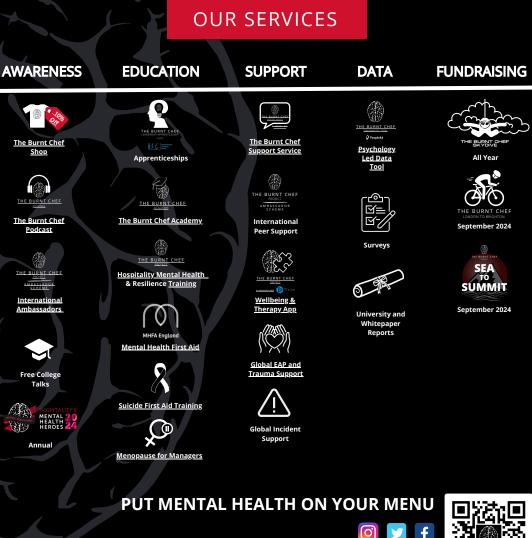
**CONVERSATIONS &** PROVIDED FREE MENTAL HEALTH SUPPORT AROUND THE CLOCK



...AND WE'RE JUST GETTING STARTED!

## THINK YOU KNOW THE BURNT CHEF PROJECT?

## THINK AGAIN...



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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

s) TEXT BURNTCHEF TO 85258 (24/7)



CALL 0800 085 1376 (UK) (24/7) +44 (0)20 7938 0963 (GLOBAL) (24/7)



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