



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

THE BURNT CHEF 10 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](#)



[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](#)



[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



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