



## 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](http://WWW.THEBURNTCHEFPROJECT.COM)  
FOLLOW ON SOCIAL MEDIA



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](#)



[International Ambassadors](#)



Free College  
Talks



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

[International Peer Support](#)



THE BURNT CHEF  
PROJECT

[Wellbeing & Therapy App](#)



[Global FAP and Trauma Support](#)



[Global Incident Support](#)

#### DATA



THE BURNT CHEF  
PROJECT

[Psychology Led Data Tool](#)



Surveys



University and  
Whitepaper  
Reports

#### FUNDRAISING



THE BURNT CHEF  
SKYLINE

All Year



THE BURNT CHEF  
LONDON TO BRIGHTON  
September 2024



September 2024

## PUT MENTAL HEALTH ON YOUR MENU



WWW.THEBURNTCHEFPROJECT.COM  
FOLLOW ON SOCIAL MEDIA



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)**



**+44 (0)20 7938 0963 (GLOBAL)**



EMAIL **[BURNTCHEF@CICWELLBEING.COM](mailto:BURNTCHEF@CICWELLBEING.COM)**

[WWW.THEBURNTCHEFPROJECT.COM](http://WWW.THEBURNTCHEFPROJECT.COM)