



The Burnt Chef Project is teaming up with Thrive to tackle mental health issues in the hospitality sector | Photo source [Louis Hansel on Unsplash](#)

[Innovation](#) > [Health & Wellbeing](#) >

[UK expands national wellbeing app to tackle mental health in the hospitality sector](#)

UK EXPANDS NATIONAL WELLBEING APP TO TACKLE MENTAL HEALTH IN THE HOSPITALITY SECTOR

 HEALTH & WELLBEING

Amid an ongoing recruitment crisis in hospitality, the app offers employees unlimited access to clinically supervised therapists who can provide text-based support at critical times

Spotted: A [recent survey by Censuswide and Flipdish](#) has found that the mental health of those working in the hospitality industry is worse than at the height of the pandemic. The survey found that 45 per cent of respondents ask staff to work longer hours, and that the high number of vacancies is adding to the pressure on those who are still employed.

In response, The Burnt Chef Project has partnered with Thrive—the UK’s approved mental health and wellbeing app—to bring services to hospitality workers. Thrive offers a range of resources designed to help people manage stress and anxiety, and the team at Burnt Chef Project will be on hand to offer support and advice.

Thrive will now be available to businesses on a monthly subscription basis, with over 100 hours of meditation and wellbeing tools. The app also provides employees with unlimited access to clinically supervised therapists who can provide text-based support via an in-app chat function. The service is available in nine different languages and lets users preserve their anonymity.

Launched in 2019 by supplier and photographer Kris Hall, The Burnt Chef Project was created with the aim of raising awareness of mental health issues and working conditions within hospitality.

According to the Burnt Chef Project's most recent survey, 84 per cent of hospitality professionals have experienced difficulties with their mental health during their career.

The project has shone a light on the often-unseen reality of working in the hospitality industry, and has sparked a conversation about the need for change. More operators are starting to develop ways of improving staff wellbeing, and the high number of vacancies in the sector is also putting pressure on employers to offer higher wages and better working conditions.

Other innovations tackling mental health spotted by Springwise include [a mental health and wellness app for families](#), [an AI-powered mental health companion](#), and [an app that lets users track mood through colour](#).

Written By: Katrina Lane

Mental health is a complex issue, and those in need of urgent help can find information about the services available on the [United for Global Mental Health website](#).

28th June 2022

Website: theburntchefproject.com

Contact: theburntchefproject.com/contact

[Download PDF](#)

Takeaway:

The ongoing recruitment crisis in the hospitality industry is putting pressure on those who are still employed, with a [recent study](#) finding that self-reported cases of work-related stress, depression or anxiety in the UK food and accommodation sector surged by 160 per cent between 2010 and 2020. With the industry already facing challenges due to the COVID-19 pandemic, the current situation is unsustainable. Innovations such as the collaboration between Thrive and the Burnt Chef Project can play an important role in addressing the issue.