



TOTAL HELIUM ANNOUNCES FIRST DAY OF TRADING

November 11, 2021 – Vancouver, British Columbia – Total Helium Ltd. (TSXV: TOH) (the “Company”) is pleased to announce that it is now publicly trading on the TSX Venture Exchange subsequent to previously announced conditional approval by the Exchange on November 8th, 2021.

Public Trading on TSX Venture

Total Helium is now publicly traded under the ticker TSX.V: TOH and the warrants of the Company are now public traded under ticker TSX.V: TOH.WT.

Additionally, the Company has entered into a public relations agreement with a US based firm for facilitating increased public awareness of the Company’s mission and operations. As part of the agreement, the consultant will be paid \$150,000 for its services for a 12-month period. The public relations firm will also be awarded 750,000 five-year stock options with an exercise price of \$1.00 per share. The options will vest on a quarterly basis over a twelve month period in blocks of 25%.

Total Helium is a helium exploration, production and storage solutions company and it anticipates the drilling and completion of its first wells in the months of November and December at its ~86,000-acre lease-holding in western Kansas.

For further information, contact 604.609.6110

On behalf of the Board,

Total Helium Ltd.

Robert B. Price, Director and CEO

Neither the TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in the policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

Statements included in this announcement, including statements concerning our plans, intentions and expectations, which are not historical in nature are intended to be, and are hereby identified as, “forward-looking statements”. Forward-looking statements may be identified by words including “anticipates”, “believes”, “intends”, “estimates”, “expects” and similar expressions. The Company cautions readers that forward-looking statements, including without limitation those relating to the Company’s future operations and business prospects, are subject to certain risks and uncertainties that could cause actual results to differ materially from those indicated in the forward-looking statements.