



TOTAL HELIUM ANNOUNCES ITS US TRADING SYMBOL TTLHF

Vancouver, British Columbia, December 23, 2021 – **Total Helium Ltd.** (TSX-V: TOH; TTHLF) (“Total Helium” or the “Company”) announces that it has received confirmation from the Financial Industry Regulatory Authority (“FINRA”) that its stock will be traded under the U.S. symbol - TTLHF. Additionally, the Company announces that it has applied for its common shares to be trading on the OTCQB Venture Market (“OTCQB”), a US trading platform operated by the OTC Markets Group in New York. The Company will provide further information once its common shares are cleared for quotation.

Trading on the OTCQB remains subject to regulatory approvals and the satisfaction of applicable listing requirements.

Total Helium is a helium exploration, production and storage solutions company which is drilling its first wells, in the months of November, December and January, at its 86,000-acre lease-holding in western Kansas where it plans to extend the largest continuous conventional natural gas and helium field in North America, the Hugoton Gas Field. The Company is working towards establishing underground helium storage solutions nearby existing North American helium infrastructure.

For further information, contact 604.609.6110

On behalf of the Board,

Robert B. Price, Director and CEO

Total Helium Ltd. - www.totalhelium.com

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.