

GLOBAL HELIUM CORP. ANNOUNCES GRANT OF STOCK OPTIONS

CALGARY, ALBERTA, September 22, 2023 – Global Helium Corp. ("**HECO**" or the "**Company**") (CSE: HECO, OTC: HECOF) today announces the Company has granted stock options (the "**Options**") under HECO's stock option plan (the "**Option Plan**") to certain directors and officers (the "**Option Recipients**").

In total, 1,050,000 Options have been granted, with each Option representing the right to receive one common share of the Company upon vesting, exercisable at a price of \$0.25. The Options will vest as to 25% on each of the 6th, 12th, 18th, and 24th month anniversaries of the date of grant. The Options will expire on September 22, 2028. These grants represent compensation to the Option Recipients for their respective service to HECO as directors and officers of the Company and as an incentive mechanism to foster the interest of such persons in the success of the Company.

About Global Helium Corp.

Global Helium is one of Canada's largest helium exploration and development companies, focused on the exploration, acquisition, development, and production of helium, done right. The Company has carved out a differentiated position through a unique Farm-In Agreement with industry veteran, Perpetual Energy Inc., through which HECO can explore approximately 369,000 acres in Alberta's Manyberries helium trend via joint venture. The Company has also captured 100%-owned permits encompassing over 1.7 million acres prospective for helium in Saskatchewan's well-established helium fairway and has recently acquired three assets with proven helium tests in the State of Montana. HECO brings a seasoned team of industry professionals and technical experts who have established connections with North American and international helium buyers. Learn more at <https://globalhelium.com/>.

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READER ADVISORIES

Forward Looking Statements

No securities regulatory authority has reviewed nor accepts responsibility for the adequacy or accuracy of the content of this news release.

This news release contains forward-looking statements and other statements that are not historical facts. Forward-looking statements are often identified by terms such as "will", "may", "should", "anticipate", "expects" and similar expressions. All statements other than statements of historical fact, included in this internal announcement are forward-looking statements that involve risks and uncertainties. There can be no assurance that such statements will prove to be accurate and actual results and future events could differ materially from those anticipated in such statements. Important factors that could cause actual results to differ materially from the Company's expectations include the failure to satisfy the conditions of the relevant securities exchange(s) and other risks detailed from time to time in the filings made by the Company with securities regulators. The reader is cautioned that assumptions used in the preparation of any forward-looking information may prove to be incorrect. Events or circumstances may cause actual results to differ materially from those predicted, as a result of numerous known and unknown risks, uncertainties, and other factors, many of which are beyond the control of the Company.

The reader is cautioned not to place undue reliance on any forward-looking information. Such information, although considered reasonable by management at the time of preparation, may prove to be incorrect and actual results may differ materially from those anticipated. Forward-looking statements contained in this internal announcement are expressly qualified by this cautionary statement. The forward-looking statements contained in this internal announcement are made as of the date of this internal announcement and the Company will update or revise publicly any of the included forward-looking statements as expressly required by applicable law.

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