



FORUM ENERGY METALS CORP.
Suite 615, 800 West Pender St.
Vancouver, B.C. V6C 2V6
Phone: 604-630-1585
Fax: 604-689-3609
www.forumenergymetals.com
info@forumenergymetals.com

NEWS RELEASE

FORUM ENERGY METALS APPOINTS PAUL DENNISON TO THE BOARD OF DIRECTORS

Vancouver, B.C., December 12, 2019 - Forum Energy Metals Corp. (TSX.V: FMC) ("Forum") is pleased to announce the appointment of Mr. Paul Dennison to the Board of Directors. This appointment follows the resignation of Dr. Howard Haugom who is pursuing other business interests. The Board of Directors thanks Howard for his contributions to the Company and wishes him well in his future endeavours.

Paul Dennison has over 35 years executive experience with three of the world's leading investment banks: Credit Suisse, Merrill Lynch & Deutsche Bank. His operational expertise has served at the highest level in the investment banking industry covering key areas such as transaction origination, equity and debt securities underwriting, syndication, structured products, bank supplementary capital, and portfolio management.

Presently, Paul is based in Zurich and Singapore as Managing Director with his firm, Investments Asia Swiss GmbH, an introducing broker specializing in sourcing and securing international investment capital for projects with a focus on procuring outbound investment from China.

With Forum's recent establishment of exploration partnerships with two of the world's largest mining companies, the appointment of Mr. Dennison as an independent director strengthens and enhances Forum's global footprint with a team of Directors with collective expertise in major capital markets in North America, UK, Europe and Asia.

Director Burns Singh Tennent-Bhohi commented, "The Board is delighted to welcome Paul Dennison as a Director. I have known Paul for a number of years and I'm excited to have him join the team as we continue to pursue Forum's corporate vision of becoming a leading energy metals exploration and development incubator that is creating value by partnering with some of the world's largest mining companies."

Paul Dennison added, "Forum is a company now entering an exciting period of corporate growth. 2019 represents a superb transitional year for the business, operating across all key areas; corporate transactions, project development and new acquisitions. Securing the support of Rio Tinto at Janice Lake and Orano at Fir Island validates Forum's internal ability to identify under-appreciated assets that can be strategically developed in a challenging metals and mining exploration environment that is beginning to show indications of a cyclical uplift."

About Forum Energy Metals

Forum Energy Metals Corp (TSX.V: FMC) explores for energy metals, including copper, nickel, platinum, palladium and uranium in Saskatchewan, Canada's Number One mining province. In addition, Forum has also established a strategic land position in the Idaho Cobalt Belt. For further information: www.forumenergymetals.com

ON BEHALF OF THE BOARD OF DIRECTORS

Richard J. Mazur, P.Ge.
President & 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.

For further information contact:

NORTH AMERICA

Rick Mazur, P.Ge., President & CEO
mazur@forumenergymetals.com
Tel: 778-772-3100

Craig Christy, VP Corporate Development
cchristy@forumenergymetals.com
Tel: 250-863-0561

UNITED KINGDOM

Burns Singh Tennent-Bhohi, Director
burnsstb@forumenergymetals.com
Tel: 074-0316-3185