

***THIS NEWS RELEASE IS NOT FOR DISTRIBUTION TO U.S. NEWSWIRE SERVICES FOR
DISSEMINATION IN THE UNITED STATES***



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
March 14, 2019

FORUM ANNOUNCES AMENDMENT TO TERMS OF PRIVATE PLACEMENT

Vancouver, B.C., March 14, 2019. **Forum Energy Metals Corp. (FMC: TSX-V)** (the “**Company**” or “**Forum**”) announces that, further to its news release of February 12, 2019 disclosing the terms of a non-brokered private placement (the “**Private Placement**”), it is amending the term of the warrants forming part of the units in the Private Placement to five (5) years from the originally announced three (3) years.

All other terms of the Private Placement remain the same. The amendment remains subject to acceptance by the TSX Venture Exchange.

About Forum Energy Metals

Forum Energy Metals Corp (TSX.V: FMC) has the option to earn a 100% interest in the Janice Lake property from Transition Metals Corp by making further staged cash payments over the next three years. The Company explores for energy metals, including copper and uranium in Saskatchewan, Canada’s Number One mining province, in addition to cobalt in Idaho and Oregon. Forum is well positioned for when the uranium market rebounds with interests in 7 drill ready projects in the Athabasca Basin, all assembled by a highly experienced team of exploration professionals with a track record of uranium mine discoveries in Canada.

ON BEHALF OF THE BOARD OF DIRECTORS

Richard J. Mazur, P.Geo.
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:

Rick Mazur, President & CEO
mazur@forumenergymetals.com
Tel: 604-630-1585

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