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FORUM ENERGY METALS TO PRESENT AT THE 121 MINING INVESTMENT CONFERENCE IN LONDON, NOVEMBER 20-21, 2023

Vancouver, B.C., November 16, 2023 - Join Forum Energy Metals at the 121 Mining Investment Conference at the etc. venues 133 Houndsditch on Monday, November 20 and Tuesday, November 21. Forum President & CEO, Richard Mazur and Dr. Rebecca Hunter, Vice President of Exploration will be available both days of the conference for 1 X 1 meetings to update investors on Forum's high grade uranium discovery in the Thelon Basin, Nunavut and its drill ready portfolio of uranium projects in the Athabasca Basin, Saskatchewan.

Qualified buy side parties can register at: https://www.weare121.com/121mininginvestment-london/register-investor/

Rick Mazur, President & CEO stated, "This is an exciting Canadian uranium discovery in a geologic equivalent of the prolific Athabasca Basin, Saskatchewan. The structural setting of Forum's Tatiggaq deposit in Nunavut is similar to NexGen's Rook 1 uranium deposit in the western Athabasca Basin. Forum's property is adjacent to Orano's 133 million pound Kiggavik uranium development project, where a feasibility study was conducted from 2008 to 2012."

Technical meetings with management and partnering inquiries on Forum's portfolio of uranium and energy metals projects in Saskatchewan, Nunavut and Idaho can be arranged by contacting: Rick Mazur, President & CEO at mazur@forumenergymetals.com or by calling 604-630-1585.

About Forum Energy Metals

Forum Energy Metals Corp. (TSX.V: FMC; OTCQB: FDCFF) is focused on the discovery of high grade unconformity-related uranium deposits in the Athabasca Basin, Saskatchewan and the Thelon Basin, Nunavut. In addition, Forum holds a diversified energy metal portfolio of copper, nickel, and cobalt projects in Saskatchewan and Idaho.

For further information: https://www.forumenergymetals.com.

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.

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