



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

RIO TINTO PROVIDES UPDATE AT FORUM'S JANICE LAKE COPPER PROJECT, SASKATCHEWAN

Vancouver, B.C., March 23, 2020 - Forum Energy Metals Corp. (TSX.V: FMC) ("Forum") reports that Rio Tinto Exploration Canada ("RTEC") has temporarily postponed operations at the Janice Lake copper property in northern Saskatchewan due to concerns related to COVID-19.

Rick Mazur, Forum's President & CEO commented, "In the interest of everyone's health and safety, Rio Tinto has taken the necessary steps to temporarily postpone operations during this unprecedented time. RTEC and Forum are committed to drilling this year at Janice Lake when conditions permit and will update investors when program details are available."

Janice Lake Sedimentary Copper Project

RTEC can earn an 80% interest in the Janice Lake project by spending \$30 million in exploration. RTEC completed a 4,318 line kilometre high resolution airborne magnetic survey over the entire 52 km length of the property and drilled 21 holes totalling 5,209 metres during the summer of 2019. The 2019 drill campaign was operated out of Rio Tinto's McGowan Lake camp located near Key Lake which can be utilized for the 2020 exploration program.

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.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:

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-Bhoji, Director

burnsstb@forumenergymetals.com

Tel: 074-0316-3185