

FOR IMMEDIATE RELEASE

Helius Minerals Limited Announces Issuance of Options

Vancouver, British Columbia – February 24, 2026 – Helius Minerals Limited (TSX.V: HHH) (“Helius” or the “Company”) announces that it has issued 2,300,000 stock options to its directors, officers, and consultants pursuant to the Company’s stock option plan. The stock options were issued as of February 24, 2026, with an expiry date of 60 months from the date of issuance and are exercisable at a price of \$4.50 per common share.

About Helius

Helius is a mineral exploration company focused on the identification and development of high-quality mineral assets across the Americas, with an emphasis on South American jurisdictions.

ON BEHALF OF THE BOARD

Helius Minerals Limited

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Cautionary Statement Regarding Forward-Looking Information

This press release contains forward-looking information within the meaning of applicable Canadian securities legislation (“forward-looking information”). Generally, forward-looking information can be identified by the use of forward-looking terminology such as “plans”, “expects” or “does not expect”, “is expected”, “budget”, “scheduled”, “estimates”, “forecasts”, “intends”, “anticipates” or “does not anticipate”, or “believes”, or variations of such words and phrases or state that certain acts, events or results “may”, “could”, “would”, “might” or “will be taken”, “occur” or “be achieved”. All information contained in this press release, other than statements of current and historical fact, is forward-looking information. Forward-looking information contained in this press release may include, without limitation, statements regarding the expected date the Company’s securities are expected to commence trading on the TSX-V; the trading of the Company’s shares under a new ticker symbol; regulatory and TSX-V approval of the Name Change; the maintenance of the existing business and assets; the maintenance of its existing business and assets, and the potential for precious metals (gold and silver) and base metal (copper) discoveries; and the TSX-V publishing a bulletin in respect of the Name Change. By their nature, forward-looking information involves known and unknown risks, uncertainties and other factors which may cause actual results, performance or achievements, or other future events, to be materially different from any future results, performance or achievements expressed or implied by such forward-looking information. Factors that could cause actual results to differ materially from such forward-looking information include, but are not limited to, failure to receive TSXV approval of the Name Change, timing of the Name Change, ability of

relevant third parties to transition to the Company's new corporate name, failing to establish estimated resources and reserves, the grade and recovery of precious metals and base metals which is mined varying from estimates, delays in obtaining or failures to obtain required financing, capital and operating costs varying significantly from estimates, delays in obtaining or failures to obtain required governmental, environmental or other project approvals, delays in the development of projects, changes in exchange rates, fluctuations in commodity prices, inflation and other factors, and those risks set out in the Company's public documents filed on SEDAR. Forward-looking statements are made based on management's beliefs, estimates and opinions on the date that statements are made and the Company undertakes no obligation to update any forward-looking information if these beliefs, estimates and opinions or other circumstances should change, except as required by applicable securities laws. There can be no assurance that such information will prove to be accurate, and future events and actual results could differ materially from those anticipated in such statements. Important factors that could cause actual results to differ materially from our expectations are disclosed in the Company's public documents filed from time to time via SEDAR at www.sedar.com with the Canadian securities regulatory authorities to whose policies the Company is bound. Investors are cautioned against attributing undue certainty to forward-looking information. The Company undertakes no obligation to update publicly or otherwise revise any forward-looking information whether as a result of new information, future events or other such factors which affect this information, except in accordance with applicable securities laws.

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