
**WEST HIGH YIELD (W.H.Y.) RESOURCES LTD.
NEWS RELEASE**

**For Immediate Release
Calgary, Alberta**

**December 29, 2014
TSXV Trading Symbol: WHY
50,511,759 Common Shares Issued**

WEST HIGH YIELD GRANTS STOCK OPTIONS

CALGARY, ALBERTA – December 29, 2014. West High Yield (W.H.Y.) Resources Ltd. (“West High Yield” or the “Company”) announces that the Company’s Board of Directors approved the granting of 773,334 stock options to officers, directors, employees and consultants of the Company, subject to regulatory and TSX Venture Exchange approval. The options were issued with an exercise price of \$0.30 per share and have a five year term.

About West High Yield

West High Yield is a publicly traded junior mining exploration company focused on the acquisition, exploration and development of mineral resource properties in Canada with a primary objective to locate and develop economic gold, nickel and magnesium properties.

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Reader Advisory

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.