

**WEST HIGH YIELD ANNOUNCES
FIRST QUARTER 2008 INTERIM FINANCIAL RESULTS**

CALGARY, ALBERTA, - May 23, 2008. West High Yield (W.H.Y.) Resources Ltd. (“West High Yield” or the “Company”) is pleased to announce the release of its financial results for the three months ended March 31, 2008 and the Management Discussion and Analysis (“MD&A”) dated May 22, 2008. The unaudited financial statements and related MD&A for the three month period ended March 31, 2008 were filed with Canadian securities regulatory authorities on SEDAR at www.sedar.com.

Highlights

- During the first quarter of 2008, the Company continued to receive assay results from the core samples from the 2007 field season. The Company has released the results for the 31 drill holes completed on its 2007 Diamond Drill Program. The assay results for drill holes were provided by Assayer Canada of Vancouver, British Columbia.
- In the course of its exploration activities on its claims, the Company intersected broad zones of Ultramafic rock containing nickel and magnesium mineralization.
- In the fall of 2007, the Company provided samples of the Ultramafic rock to SGS Minerals Services ("SGS") in Lakefield, Ontario to undergo a series of mineralogical tests to establish magnesium recoverability. The Company anticipates the final report from this analysis in the next few months.
- During the quarter ended March 31, 2008, the Company recorded a net loss of \$237,580 or \$0.01 per share compared to a net loss in the corresponding period of 2007 of \$306,665 or \$0.01 per share. At March 31, 2008, the Company had a working capital surplus of \$2,514,736 compared to a working capital surplus of \$2,703,304 at December 31, 2007. The current working capital surplus position will allow the Company to fund this year’s exploration activities.

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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