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

For Immediate Release
Calgary, Alberta

May 22, 2014
TSXV Trading Symbol: WHY
49,276,093 Common Shares Issued

WEST HIGH YIELD RELEASES 2013 FINANCIAL RESULTS

CALGARY, ALBERTA – May 22, 2014. West High Yield (W.H.Y.) Resources Ltd. (“West High Yield” or the “Company”) announces the release of its financial results and Management Discussion and Analysis (“MD&A”) for the three months ended March 31, 2014. The unaudited interim condensed financial statements and related MD&A for the year three months ended March 31, 2014 have been filed with Canadian securities regulatory authorities on SEDAR at www.sedar.com.

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.

For further information please contact:

Frank Marasco
President and Chief Executive Officer
West High Yield (W.H.Y.) Resources Ltd.
Telephone: (403) 660-3488
Facsimile: (403) 206-7159
Email: frank@whyresources.com

Dwayne Vinck
Chief Financial Officer
West High Yield (W.H.Y.) Resources Ltd.
Telephone: (403) 257-2637
Facsimile: (403) 206-7159
Email: vinck@shaw.ca

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.