Frequency in air $f_{air} = 500\,Hz$
with sound speed $v_{air} = 343\ m/s$

So, in air, $\lambda_{air} = \frac{v_{air}}{f_{air}} = 0.69\,m$

The wavelength is determined by your vocal chords, so with Helium, it's the same.

So for $v_{He} = 970\ m/s$

$$f_{He} = \frac{v_{He}}{\lambda} = 1440\ Hz.$$

This is not quite as simple as this.

He in your vocal tract causes the speed of sound inside to be ~970 m/s. Your vocal tract then resonates at this higher frequency and that sound propagates through air to the observer.