



Helix to Participate in Upcoming Events

August 26, 2016

HOUSTON--(BUSINESS WIRE)--Aug. 26, 2016-- Helix Energy Solutions Group, Inc. (NYSE: HLX) announced today that it will be participating in the following events over the coming weeks:

- Morgan Stanley Houston Energy Summit in Houston, Texas at the Hotel Granduca on Monday, August 29, 2016.
- Johnson Rice & Company 2016 Energy Conference in New Orleans, Louisiana at the Ritz-Carlton Hotel on Wednesday, September 21, 2016.

Helix also filed a current report on Form 8-K today disclosing an updated company presentation to be used, or the basis of which will be used, in communications with investors as well as at investor conferences. The company presentation has been posted and the presentation for the Johnson Rice & Company 2016 Energy Conference will be posted on or before the day of the event under the "For The Investor" section of Helix's website, www.HelixESG.com.

About Helix

Helix Energy Solutions Group, Inc., headquartered in Houston, Texas, is an international offshore energy services company that provides specialty services to the offshore energy industry, with a focus on well intervention and robotics operations. For more information about Helix, please visit our website at www.HelixESG.com.

Forward-Looking Statements

This press release contains forward-looking statements that involve risks, uncertainties and assumptions that could cause our results to differ materially from those expressed or implied by such forward-looking statements. All statements, other than statements of historical fact, are "forward-looking statements" within the meaning of the Private Securities Litigation Reform Act of 1995, including, without limitation, any statements regarding our strategy; any statements regarding visibility and future utilization; any projections of financial items; future operations expenditures; any statements regarding the plans, strategies and objectives of management for future operations; any statements concerning developments; any statements regarding future economic conditions or performance; any statements of expectation or belief; and any statements of assumptions underlying any of the foregoing. The forward-looking statements are subject to a number of known and unknown risks, uncertainties and other factors including but not limited to the performance of contracts by suppliers, customers and partners; actions by governmental and regulatory authorities; operating hazards and delays; our ultimate ability to realize current backlog; employee management issues; complexities of global political and economic developments; geologic risks; volatility of oil and gas prices and other risks described from time to time in our reports filed with the Securities and Exchange Commission ("SEC"), including the Company's most recently filed Annual Report on Form 10-K and in the Company's other filings with the SEC, which are available free of charge on the SEC's website at www.sec.gov. We assume no obligation and do not intend to update these forward-looking statements except as required by the securities laws.

Social Media

From time to time we provide information about Helix on Twitter ([@Helix_ESG](https://twitter.com/Helix_ESG)) and LinkedIn (www.linkedin.com/company/helix-energy-solutions-group).

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