



Helix ESG to Review First Quarter 2010 Results with Investors

April 15, 2010

HOUSTON, April 15, 2010-- Helix Energy Solutions Group (NYSE: HLX) will issue a press release reporting its financial and operational results for the first quarter of 2010 after the market closes on Wednesday, April 28, 2010. After its issuance, a copy of the press release will be available on Helix's website www.HelixESG.com by clicking on "Investor Relations" and choosing "Press Releases".

Helix will host a conference call to review its first quarter results on Thursday, April 29, 2010 at 9:00 a.m. Central Time. Investors and other interested parties are encouraged to listen to the call via an audio webcast from the "Investor Relations" page of our website HelixESG.com. Investors and other interested parties wishing to listen to the conference via telephone may join the call by dialing 800-475-0212 for persons in the United States and 1-312-470-7004 for international participants. The passcode is "Tripodo".

Investors and other interested parties will be able to obtain the conference call slide presentation prior to the conference call from the "Investor Relations" page at www.HelixESG.com by clicking on "Investor Relations" and then choosing "Presentations". A replay of the conference will be available under "Investor Relations" by selecting the "Audio Archives" link from the same page beginning approximately two hours after the completion of the conference call.

Helix Energy Solutions, headquartered in Houston, Texas, is an international offshore energy company that provides development solutions and other key life of field services to the open energy market as well as to our own oil and gas business unit. That business unit is a prospect generation, exploration, development and production company. Employing our own key services and methodologies, we seek to lower finding and development costs, relative to industry norms.

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