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**UNITED STATES  
SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549**

**FORM 8-K**

**CURRENT REPORT**

**Pursuant to Section 13 OR 15(d) of The Securities Exchange Act of 1934**

**Date of Report (Date of earliest event reported): September 29, 2008**

**Helix Energy Solutions Group, Inc.**

(Exact name of registrant as specified in its charter)

<b>Minnesota</b> (State or other Jurisdiction of Incorporation)	<b>001-32936</b> (Commission File Number)	<b>95-3409686</b> (IRS Employer Identification No.)
<b>400 North Sam Houston Parkway East, Suite 400</b> <b>Houston, Texas</b> (Address of Principal Executive Offices)		<b>77060</b> (Zip Code)

Registrant's telephone number, including area code: **281-618-0400**

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(Former name or former address if changed since last report.)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
  - Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
  - Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
  - Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
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**Item 7.01 Regulation FD Disclosure.**

On September 29, 2008, Helix Energy Solutions Group, Inc. issued a press release announcing that it would not participate in the Johnson Rice Energy Infrastructure Conference or the Natixis Bleichroeder 2<sup>nd</sup> Annual Hidden Gems Conference. Attached hereto as Exhibit 99.1 and incorporated by reference herein is the press release issued by Helix.

This information is not deemed to be “filed” for the purposes of Section 18 of the Securities Exchange Act of 1934, as amended (“Exchange Act”), or otherwise subject to the liabilities of that section, and such information is not incorporated by reference into any registration statements or other document filed under the Securities Act of 1933, as amended (“Securities Act”), or the Exchange Act, regardless of the general incorporation language contained in such filing, except as shall be expressly set forth by specific reference to this filing.

**Item 9.01 Financial Statements and Exhibits.**

(c) *Exhibits.*

<u>Number</u>	<u>Description</u>
99.1	Press Release of Helix Energy Solutions Group, Inc. dated September 29, 2008.

**SIGNATURES**

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Date: September 29, 2008

HELIX ENERGY SOLUTIONS GROUP, INC.

By: /s/ Anthony Tripodo  
Anthony Tripodo  
Executive Vice President and Chief Financial Officer

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## Index to Exhibits

Exhibit	Description
No.	
99.1	Press Release of Helix Energy Solutions Group, Inc. dated September 29, 2008.



[www.HelixESG.com](http://www.HelixESG.com)

Helix Energy Solutions Group, Inc. • 400 N. Sam Houston Parkway E., Suite 400 • Houston, TX 77060-3500 • 281-618-0400 • fax: 281-618-0505

**For Immediate Release**

08-017

**Date: September 29, 2008**

**Contact: Anthony Tripodo**  
**Title: Chief Financial Officer**

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**Helix Will Not Attend Two Industry Conferences**

HOUSTON, TX — Helix Energy Solutions (NYSE: HLX) updated its previous report by announcing that it will not attend the following previously announced conferences:

- The Johnson Rice Energy Infrastructure Conference at the Windsor Court Hotel in New Orleans, Louisiana on Monday, October 6, 2008; and
- The Natixis Bleichroeder 2<sup>nd</sup> Annual Hidden Gems Conference at the Waldorf-Astoria Hotel in New York, New York on Tuesday, October 14.

Tony Tripodo, Helix's Chief Financial Officer, stated, "We regret being unable to attend these previously announced conferences, but feel that management's time should be focused on restoring normal operations in the wake of Hurricane Ike. As stated in our press release dated September 23, 2008, we intend to provide an update on the status of our operations and production guidance for the fourth quarter of 2008 in conjunction with the release of our third quarter earnings."

Helix plans to attend the 2008 Capital One Southcoast Energy Conference at the Windsor Court Hotel in New Orleans, Louisiana on December 8 and 9.

Helix Energy Solutions, headquartered in Houston, Texas, is an international offshore energy company that provides reservoir development solutions and other contracting services to the energy market as well as to our own oil and gas business unit. Our contracting services segment utilizes our vessels and offshore equipment that when applied with our methodologies reduce finding and development costs and cover the complete lifecycle of an offshore oil and gas field. Our oil and gas segment engages in prospect generation, exploration, development and production activities. We operate primarily in the Gulf of Mexico, North Sea, Asia Pacific and Middle East Regions.