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

Form 8-K/A

CURRENT REPORT Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): November 2, 2009



Helix Energy Solutions Group, Inc. (Exact name of registrant as specified in its charter)

Minnesota (State or other jurisdiction of incorporation) 001-32936 (Commission File Number) 95-3409686 (IRS Employer Identification No.)

400 N. Sam Houston Parkway E., Suite 400 Houston, Texas (Address of principal executive offices) 77060 (Zip Code)

281-618-0400 (Registrant's telephone number, including area code)

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 (see General Instruction A.2. below):

|_| 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))

Explanatory Note

This Form 8-K/A amends the Current Report on Form 8-K furnished to the Securities and Exchange Commission on November 2, 2009 by Helix Energy Solutions Group, Inc. ("Helix") to provide the correct slide presentation. Furnished as Exhibit 99.1 is the corrected slide presentation used by Helix that includes the correct slides 17, 18, 21, 22 and 24. This Amendment is being filed solely to correct the applicable slides. All other information included in the original filing is unchanged.

Item 7.01 Regulation FD Disclosure.

On November 2, 2009, Helix will make a presentation (with slides) to analysts and investors. The slide presentation related to this company update is attached hereto as Exhibit 99.1 and incorporated by reference herein. The slide presentation will also be posted beginning on November 2, 2009 in the *Presentations* section under *Investor Relations* of Helix's website, <u>www.helixesg.com</u>.

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.

Number Description

99.1 Company Update Presentation.

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: November 2, 2009

HELIX ENERGY SOLUTIONS GROUP, INC.

Anthony Tripodo

Executive Vice President and

By: /s/ Anthony Tripodo

Chief Financial Officer

Index to Exhibits

Exhibit No. Description

99.1 Company Update Presentation.





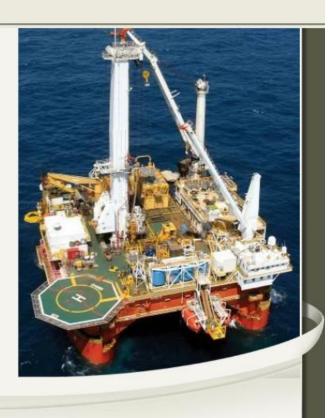
This presentation contains forward -looking statements within the meaning of Section 27A of the Securities Act of 1933 and Section 21E of the Securities Exchange Act of 1934. All such statements, other than statements of historical fact, are statements that could be deemed "forward -looking statements" within the meaning of the Private Securities Litigation Reform Act of 1995, including, without limitation, any projections of revenue, gross margin, expenses, earnings or losses from operations, or other financial items; future production volumes, results of exploration, exploitation, development, acquisition and operations expenditures, and prospective reserve levels of property or wells; any statements of the plans, strategies and objectives of management for future operations; any statements concerning developments, performance or industry rankings; and any statements of assumptions underlying any of the foregoing. Although we believe that the expectations set forth in these forward -looking statements are reasonable, they do involve risks, uncertainties and assumptions that could cause our results to differ materially from those expressed or implied by such forward -looking statements. The risks, uncertainties and assumptions referred to above include the performance of contracts by suppliers, customers and partners; employee management issues; complexities of global political and economic developments; geologic risks and other risks described from time to time in our reports filed with the Securities and Exchange Commission ("SEC"), including the Company's Annual Report on Form 10-K for the year ended December 31, 2008 and subsequent quarterly reports on Form 10-Q. You should not place undue reliance on these forward -looking statements which speak only as of the date of this presentation and the associated press release. We assume no obligation or duty and do not intend to update these forward -looking statements except as required by the securities laws.

The United States Securities and Exchange Commission permits oil and gas companies, in their filings with the SEC, to disclose only proved reserves that a company has demonstrated by actual production or conclusive formation tests to be economically and legally producible under existing economic and operating conditions. Statements of proved reserves are only estimates and may be imprecise. Any reserve estimates provided in this presentation that are not specifically designated as being estimates of proved reserves may include not only proved reserves but also other categories of reserves that the SEC's guidelines strictly prohibit the Company from including in filings with the SEC. Investors are urged to consider closely the disclosure in the Company's 2008 Form 10-K.



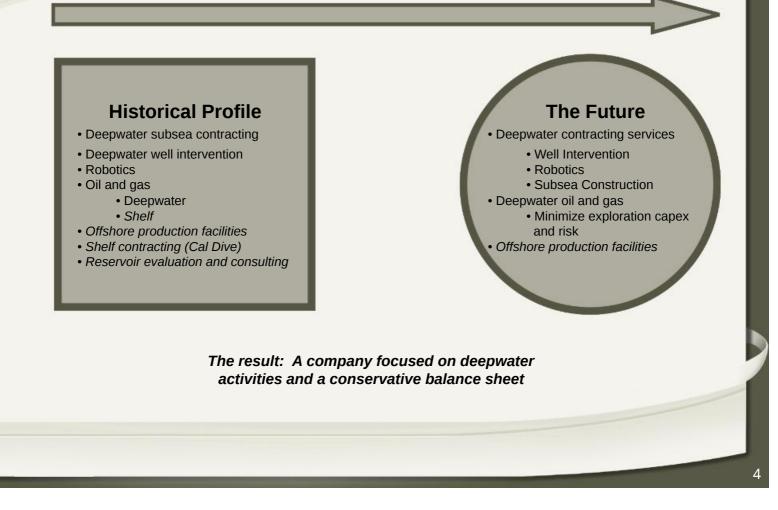
Presenter

Anthony Tripodo Executive Vice President and Chief Financial Officer



Helix Energy Solutions Group provides life-of-field services and development solutions to offshore energy producers worldwide. Helix actively reduces finding and development costs through a unique mix of offshore production assets, service methodologies, and highly skilled personnel.





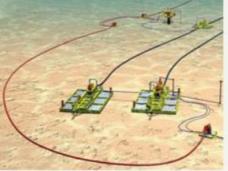


Helix Business Segments



Deepwater Construction

Pipelay
Intrepid
Express
Caesar (2009)
ROV
39 ROVs
2 ROV Drill Units
5 Chartered Vessels
6 Trenchers (200 - 2000hp)



Helix Oil & Gas / ERT

GOM shelf and deepwater

PV-10 \$1.9 billion @ 12/31/2008

Proved reserves = 665 bcfe (12/31/2008) 2009 projected production 43 - 47 bcfe

Production Facilities

Marco Polo TLP (50%) IndependenceHub Serni (20%) Helix Producer1 (~87%) (2010)



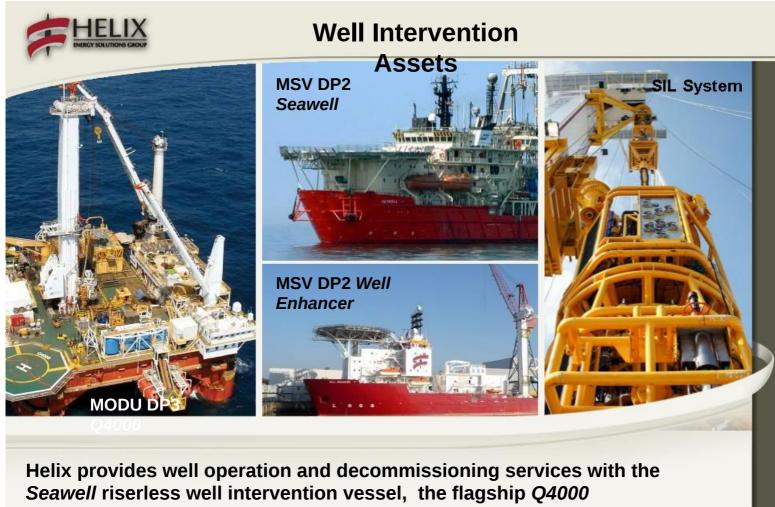
Deepwater Well Intervention Q4000 Seawell Well Enhancer (2009) Mobile SILs







Well Enhancer and Seawell in Aberdeen, Scotland



semisubmersible, the *Well Enhancer* wireline / slickline / coiled tubing intervention vessel, and the Subsea Intervention Lubricator system.



Subsea Construction Vessels



DP Reel Lay Vessel Intrepid

Intrepid has the flexibility to be deployed as a pipelay, installation or saturation diving vessel.

DP Reel Lay Vessel Express

Helix's flagship pipelay and subsea construction vessel has established an extensive track record of field installation projects around the world.

DP S-Lay Vessel Caesar (Q4 2009)

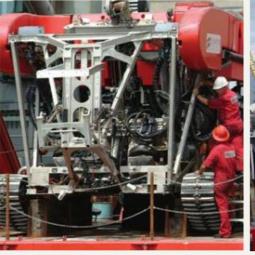
Caesar's onboard pipe welding and testing capability allows the vessel to lay virtually unlimited lengths of pipe up to 36" in diameter.





Helix ROV Systems







The Helix ROV fleet consists of 39 vehicles, covering the spectrum of deepwater construction services.

The 600 hp Supertrencher II system is designed to operate at water depths in excess of 6,500 feet.

The state of the art I-Trencher system trenches, lays pipe up to 16" in diameter, and backfills in a single operation.

Helix is an industry leading provider of ROV and subsea trenching services to deepwater operators worldwide.



ROV / Construction Support Vessel Fleet



Island Pioneer Seacor Canyon

Olympic Triton



Olympic Canyon



Northern Canyon

Chartered support vessels allows Helix to adjust the size and capability of its fleet to cost-effectively meet industry demands.

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Helix Producer I



- Installation completed of Disconnectable Turret System (DTS) receptacle, external thruster porches, cranes and all production modules
- DTS buoy loaded out and to be installed by *Q4000* in November 2009
- Installation of 2,500-ton production modules underway and expected to be completed November with hook-up to follow
- Expect deployment in Phoenix field in Q2 2010



Disconnectable Transfer System



HPI production module installation

Contracting Services



- New shore base facility in Ingleside, Texas fully operational
 - Pipe stalk length 5,230 feet
 - 300' x 700'slip can accommodate two Helix Subsea Construction vessels side by side
- Welding of Helix Danny 36-mile 8 x 12-inch pipe-in-pipe began early August





Helix Danny pipe welding

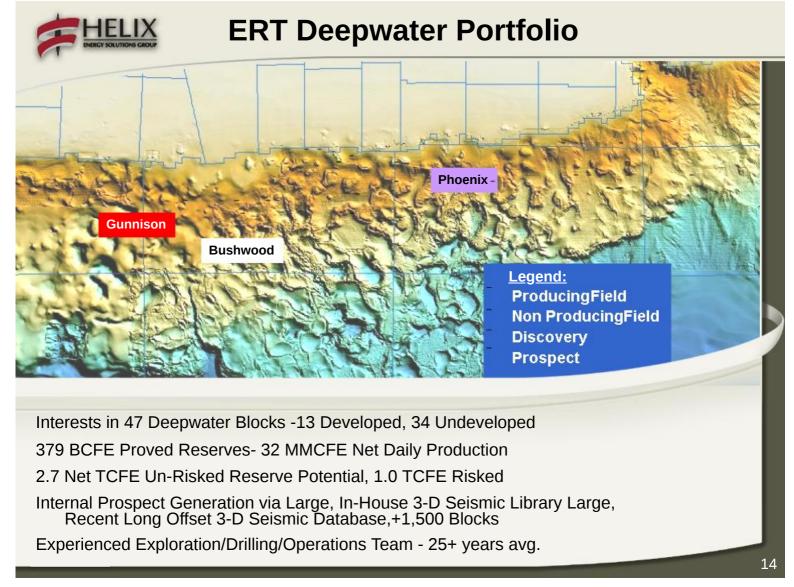
Automated pipe tension system



Aerial view of Ingleside Shore Base



Helix Oil & Gas

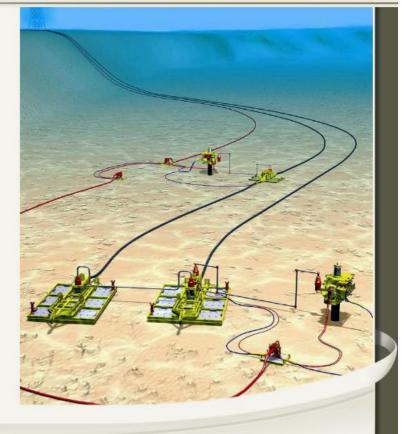




O&G - - 2008 Reserve Report Highlights

- Proven Reserve, Undiscounted Future Net Revenues: \$2.6 billion Undiscounted, Discounted PV-10: \$1.9 billion (pre-tax)
- 665 Bcfe Proved Reserves
 - 379 Bcfe deepwater,
 273 Bcfe shelf, 13 North Sea
 - Proved Developed / PUD Ratio -50/50
 - Natural Gas / Oil Mix 70/30
- Discoveries and Extensions resulted in 176 Bcfe of reserve additions
 - 371% production replacement rate
 - 2008 F&D costs \$2.44 / mcfe*

*2008 Exploration + Development + Proved Property Acquisition / Exploratory Additions (U.S. Only)







2009 Outlook



- Contracting Services demand in 2H 2009 has softened, as expected
- *Express* dry-dock, transit and utilization on Danny pipeline is impacting external revenues
- Capital expenditures of approximately \$340 to \$360 million for 2009, \$209 million spent year-to-date
 - \$205 million relates to completion of three major vessel projects (*Well Enhancer, Caesar* and *Helix Producer I*)
 - \$55 million relates to development of Danny and Phoenix oil fields
- Improved liquidity and debt levels (see slide 19)





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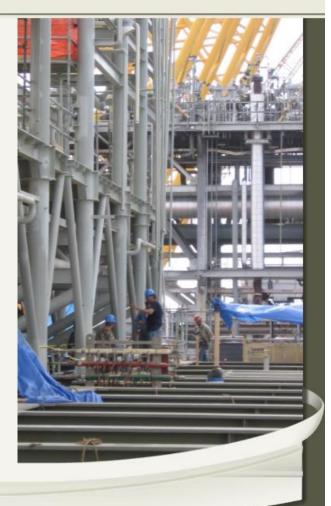


2009 Outlook (continued)

Oil and Gas

- Production range: 43 47 Bcfe
- Oil and gas prices
 - Without hedges: \$4.37 /mcfe; \$66.41 /bbl

• With realized hedges and mark-tomarket adjustments (gas only): \$7.45 /mcfe; \$70.91 /bbl

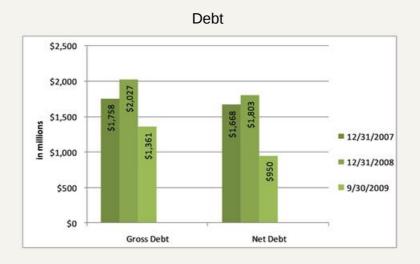


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HPI pipe racks connecting production modules to buoy system



Significant Balance Sheet Improvements



Liquidity* of \$781 million at 9/30/09

* Defined as available revolver capacity plus cash

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Liquidity and Capital Resources



- Company remains focused on its efforts to monetize non-core assets and businesses
- Completed (≈ \$600 million pre-tax):
 - •Oil and gas assets
 - Bass Lite sale December 08 & January 09 (\$49 million)
 - EC 316 sale in February 09 (\$18 million)
 - Cal Dive
 - Sold a total of 15.2 million shares of Cal Dive common stock to Cal Dive in January and June 2009 for aggregate proceeds of \$100 million
 - Sold 45.8 million Cal Dive shares in secondary offerings for proceeds of \approx \$405 million (net of offering costs) in June and September 2009
 - Sold Helix RDS for \$25 million in April 2009

Company will continue to seek a sale of its shelf oil and gas properties



Key Credit Facility Covenants

Covenant	Test	Explanation
Collateral Coverage Ratio	> 1.75 : 1	Basket of collateral to Senior Secured Debt
Fixed Charge Coverage Ratio	> 2.75 : 1	Consolidated EBITDA to consolidated interest charges
Consolidated Leverage Ratio	< 3.5 : 1	Consolidated EBITDA to consolidated debt

Company is in compliance as of 9/30/2009, and based on current forecasts expects compliance throughout 2009.



Credit Facilities, Commitments and Amortization

- \$435 Million Revolving Credit Facility UNDRAWN.
 - Facility extended to November 2012.
 - In July 2011, commitments reduced to \$407 million.
 - \$50 million of LCs in place.
- \$416 Million Term Loan B Committed facility through June 2013. \$4.3 million principal payments annually.
- \$550 Million High Yield Notes Interest only until maturity (January 2016) or called by Helix. First Helix call date is January 2012.
- \$300 Million Convertible Notes Interest only until put by noteholders or called by Helix. First put/call date is December 2012, although noteholders have the right to convert prior to that date if certain stock price triggers are met (\$38.56).
- \$119 Million MARAD Original 25 year term; matures February 2027. \$4.4 million principal payments annually.

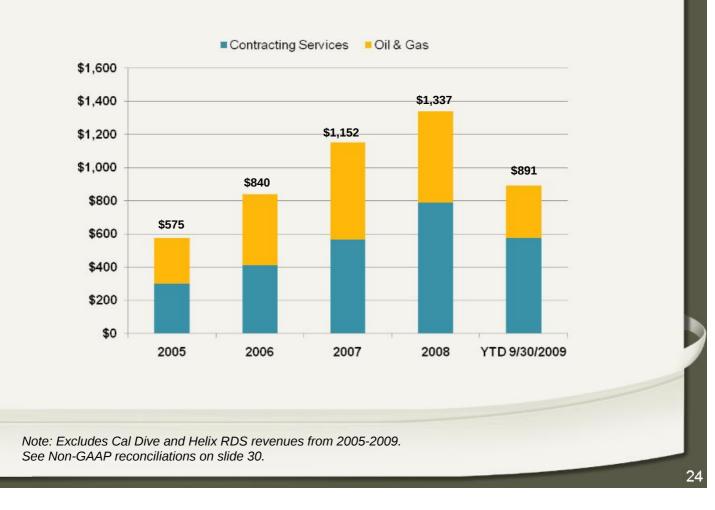




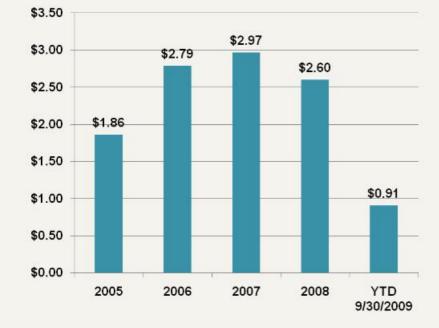


Consistent Top Line Growth

(\$ amounts in millions)







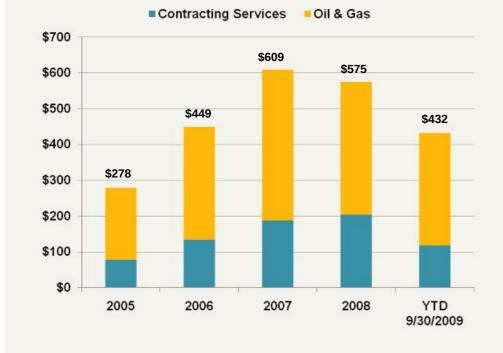
- 2006 results exclude the impact of the gain on sale in the Cal Dive IPO and estimated incremental overhead costs during the year.
- 2007 results exclude the impact of the Cal Dive gain, impairments and other unusual items.
- 2008 results exclude non-cash charges of \$964 million for reduction in carrying values of goodwill and certain oil and gas properties.
- YTD 9/30/2009 results exclude the impact of Cal Dive gains, impairments and other unusual items.

(a) See Non-GAAP reconciliations on slide 29.



Significant Cash Generation - EBITDAX(a)

(\$ amounts in millions)



-2006 results exclude the impact of the gain on sale in the Cal Dive IPO and estimated incremental overhead costs during the year.

- -2007 results exclude the impact of the Cal Dive gain, impairments and other unusual items.
- -2008 results exclude non-cash impairments.

-Excludes Cal Dive contribution.

(a) See Non-GAAP reconciliations on slide 28.







Non GAAP Reconciliations

	2	005	2006	2	2007		2008	YTD 9	/30/2009
				(ir	n millior	ıs)			
Net income applicable to common shareholders	\$	150	\$ 340	\$	312	\$	(639)	\$	158
Non-cash impairments		1	5		73		918		20
Gain on asset sales		(1)	(99)		(148)		(74)		(88)
Preferred stock dividends		2	3		4		3		54
Income tax provision		75	131		103		67		116
Net interest expense and other		8	41		64		101		36
Depreciation and amortization		111	193		320		306		189
Exploration expense		6	43		27		33		3
EBITDAX as reported	_\$	352	\$ 657	\$	755	\$	715	\$	488
Less: Previously reported contribution									
from Cal Dive		(74)	(208)		(146)		(140)		(56)
Adjusted EBITDAX	\$	278	\$ 449	\$	609	\$	575	\$	432

We calculate adjusted EBITDAX as earnings before net interest expense, taxes, depreciation and amortization, and exploration expense. Further, we do not include earnings from our interest in Cal Dive in any periods presented in our adjusted EBITDAX calculation. These non-GAAP measures are useful to investors and other internal and external users of our financial statements in evaluating our operating performance because they are widely used by investors in our industry to measure a company's operating performance without regard to items which can vary substantially from company to company and help investors meaningfully compare our results from period to period. Adjusted EBITDAX should not be considered in isolation or as a substitute for, but instead is supplemental to, income from operations, net income or other income data prepared in accordance with GAAP. Non-GAAP financial measures should be viewed in addition to, and not as an alternative to our reported results prepared in accordance with GAAP. Users of this financial information should consider the types of events and trasactions which are excluded.



	1	2005		2006		2007		2008	YTD 9	/30/2009
Reconciliation to Normalized EPS:		(in m	illion	s, except	earni	ngs per s	hare)		
Net income applicable to common shareholders	\$	150	\$	340	\$	312	\$	(639)	\$	158
Preferred stock dividends and accretion		2		3		4		-		1
Gain on subsidiary equity transaction (Cal Dive)		-		(97)		(99)		-		(50)
Goodwill and other intangible impairments		-		-		-		715		-
Other non-recurring items		-		5		70		161		(10)
Net income, excluding non-cash gains on Cal Dive equity transactions and other unusual items	\$	152	\$	251	\$	287	\$	237	\$	99
Diluted Shares		82		90		96		91		106
Normalized EPS	\$	1.86	\$	2.79	\$	2.97	\$	2.60	\$	0.91



Non GAAP Reconciliations

		2005	2006		2007	2008	YTD	9/30/2009
				(in	millions)			
Revenue As Reported	\$	794	\$ 1,328	\$	1,732	\$ 2,114	\$	1,282
Less: Cal Dive		(219)	(488)		(580)	(777)		(391)
Helix ESG Revenues	1	575	 840		1,152	 1,337		891

3	0



