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): February 27, 2019



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.)

3505 West Sam Houston Parkway North, Suite 400 Houston, Texas

(Address of principal executive offices)

following provisions (see General Instruction A.2. below):

77043 (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

☐ Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
\square Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
\square Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
\square Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))
Indicate by check mark whether the registrant is an emerging growth company as defined in Rule 405 of the Securities Act of 1933 (§230.405 of this chapter) or Rule 12b-2 of the Securities Exchange Act of 1934 (§240.12b-2 of this chapter).
Emerging growth company \square
If an emerging growth company, indicate by check mark if the registrant has elected not to use the extended transition period for complying with any new or revised financial accounting standards provided pursuant to Section 13(a) of the Exchange Act. \Box

Item 7.01. Regulation FD Disclosure.

Helix Energy Solutions Group, Inc. (the "Company") is furnishing this report to disclose 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 presentation materials are attached hereto as Exhibit 99.1 and incorporated by reference herein. The presentation materials will also be posted in the *Presentations* section under *Investor Relations* of Helix's website, www.HelixESG.com.

Item 9.01. Financial Statements and Exhibits.

(d) Exhibits.

Exhibit Number Description

99.1 Materials to be used in communications and at the conferences.

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: February 27, 2019

HELIX ENERGY SOLUTIONS GROUP, INC.

By: /s/ Erik Staffeldt

Erik Staffeldt Executive Vice President and Chief Financial Officer



Forward-Looking Statements

This presentation 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; any statements regarding future operations expenditures; any statements regarding the plans, strategies and objectives of management for future operations; any statement regarding our ability to enter into and/or perform commercial contracts; 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 that could cause results to differ materially from those in the forward-looking statements, including but not limited to market conditions; results from acquired properties; demand for our services; the performance of contracts by suppliers; customers and partners; actions by governmental and regulatory authorities; operating hazards and delays, which include delays in delivery, chartering or customer acceptance of assets or terms of their acceptance; 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 Helix's most recently filed Annual Report on Form 10-K and in Helix'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) and LinkedIn (www.linkedin.com/company/helix-energy-solutions-group).





Deepwater Subsea Services

Well Intervention

Entering a wellbore to initiate, enhance, restore or decommission production as part of the well's natural life cycle.

Robotics

Providing remotely operated vehicles (ROVs) to perform deepwater service tasks beyond the reach of dive crews.

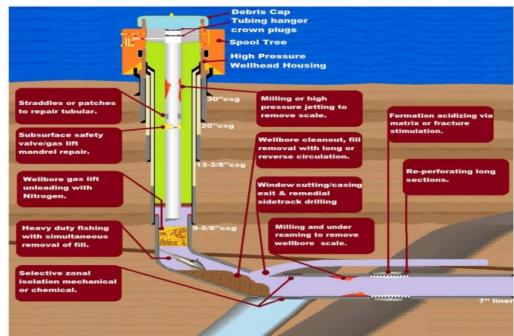
Why focus on these disciplines?

- Low F&D cost for enhanced reserves
- Extended well life via intervention defers cessation of production and P&A spend
- P&A is regulatory driven; eventually, demand should increase over time
- Demand for a more cost effective solution to rigs
- Robotics is essential for credible quality performance in deepwater operations

HELIX ENERGY SOLUTIONS



Well Intervention Overview





Well Intervention Current Asset Base



Gulf of Mexico



Q4000 Q5000



Intervention Riser Systems



Well Intervention Current Asset Base



Well Enhancer Seawell



Siem Helix 1 (chartered vessel)

Siem Helix 2 (chartered vessel)

Future Well Intervention Growth





Q7000 – Under Completion

Intervention Riser Systems 1

¹ Includes IRS system and 18¾" ROAM system (Riserless Open Abandonment Module)



Subsea Services Alliance



- Vessels-experienced crews
- · Intervention systems
- WROV services for well operations



- Tooling and interface solutions
- · Tooling and interface management
- Subsea equipment solutions

Schlumberger

- Well intervention
- · Pumping and stimulation
- Downhole measurements
- Integrated crews
- Emerging technology
- Project management

Subsea Services Alliance Helix | Schlumberger





Robotics Assets



46 Workclass ROVs

The backbone of the fleet, capable of performing a broad array of subsea construction and well intervention tasks



5 Trenchers
The key to pipeline installation in heavily trafficked waters



1 ROVDrill
Provide seabed
composition intelligence
for subsea construction
and subsea mining
operations



What Sets Helix Apart in Robotics









Oil & Gas

Renewable Energy

Subsea Mining

Specialty Services

- · Helix charters its ROV support vessels, ensuring a modern fleet that can expand and contract based on regional requirements and market conditions
- A fleet of advanced vehicles, including several units custom built to our specifications
- Leading provider for trenching, cable burial and ROV support for offshore wind farm development
 - o Current focus on export lines (field to shore)
- o Future opportunities in-field (inter-array cable installation)





Production Facilities

Helix Producer I FPU (100%)

- Location: Phoenix Field (GOM)
- Production handling contract until at least June 1, 2023

Helix Fast Response System

 Contract to provide GOM spill response services to consortium of 16 operators in the Gulf of Mexico

Independence Hub Semi (20%)

· Likely to be decommissioned

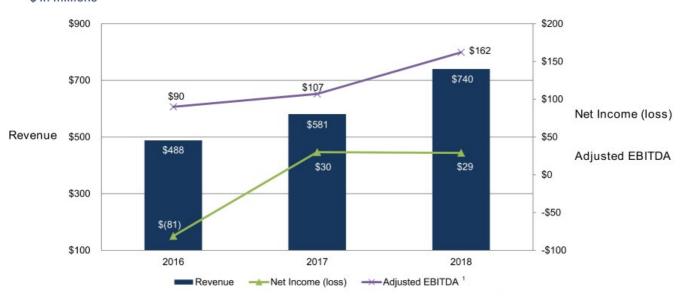






Three-Year Trend

\$ in millions



Slide 17

¹ Adjusted EBITDA is a Non-GAAP financial measure. See non-GAAP reconciliations on slide 29



Financial Results

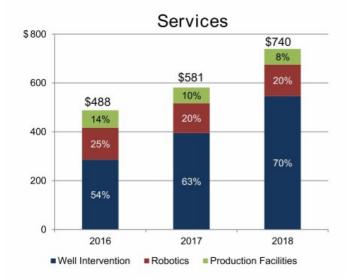
(\$ in millions, except per share data)	Year Ended					Change					
		12/31/18		12/31/17		12/31/16		18 vs. '17	'17 vs. '16		
Revenues	\$	740	\$	581	\$	488	\$	159 27%	\$	93 19%	
Gross profit	\$	122 16%	\$	62 11%	\$	47 11%	\$	60 97%	\$	15 32%	
Net income (loss)	\$	29	\$	30	\$	(81)	\$	(1) -3%	\$	111 n/m	
Diluted earnings (loss) per share	\$	0.19	\$	0.20	\$	(0.73)	\$	(0.01) -5%	\$	0.93 _{n/m}	
Adjusted EBITDA ¹ Business segments Corporate, eliminations and other Adjusted EBITDA	\$	206 (44) 162	\$	140 (33) 107	\$	121 (31) 90	\$	66 47% (11) 33% 55 51%	\$	19 _{16 %} (2) _{6 %} 17 _{19 %}	
Cash and cash equivalents	\$	279	\$	267	\$	357	\$	12 4%	\$	(90) -25%	
Cash flows from operating activities	\$	197	\$	52	\$	39	\$	145 279%	\$	13 33%	

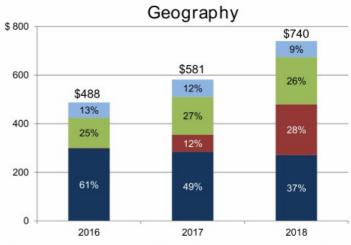
 $^{^{\}rm 1}$ Adjusted EBITDA is a non-GAAP financial measure. See non-GAAP reconciliations on slide 29. n/m = not meaningful



Revenue Dispersion

(\$ in millions)

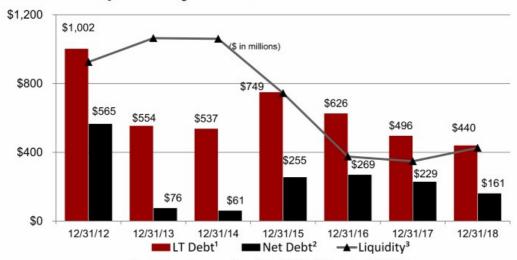




■ United States (Gulf of Mexico) ■ Brazil ■ United Kingdon (North Sea) ■ Other



Debt & Liquidity Profile



Liquidity of approximately \$426 million at 12/31/18

HELIX

Long-term debt is net of unamortized debt issuance costs and discount of our Convertible Senior Notes due 2022, Convertible Senior Notes due 2032 and Convertible Senior Notes due 2032. (Convertible Senior Notes due 2032 were extinguished in 2018)
 Net debt is calculated as long-term debt less cash and cash equivalents
 Liquidity is calculated as the sum of cash and cash equivalents (\$279 million) plus available capacity under our revolving credit facility (\$147 million)

Debt Instrument Profile

Total funded debt1 of \$479 million at 12/31/18

- \$125 million Convertible Senior Notes due 2022 4.25%
- \$125 million Convertible Senior Notes due 2023 4.125%
- \$34 million Term Loan LIBOR + 4.25%
 - o Amortization payments of \$4.7 million in 2019 and remaining balance of \$29 million in 2020
- \$70 million MARAD Debt 4.93%
 - o Semi-annual amortization payments
- \$125 million Q5000 Loan LIBOR + 2.50%²
 - o Quarterly amortization payments of approximately \$8.9 million with a final balloon payment of \$80 million at maturity in 2020

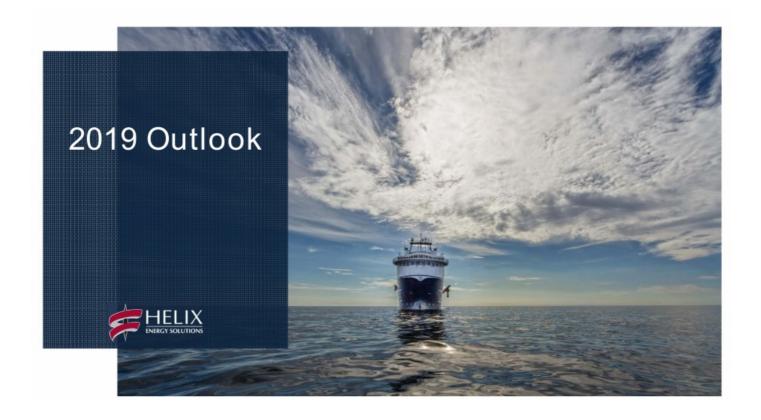
Debt Instrument Profile at 12/31/18 Principal Payment Schedule (\$ in millions)





MARAD CSN 2023 Q5000 Loan

¹ Excludes unamortized debt discounts and issuance costs
² We have fixed through April 2020 the LIBOR interest rate on 75% of the Q5000 Loan at 1.51% utilizing interest rate swaps



2019 Outlook: Forecast

(\$ in millions)	 2019 Outlook	2018 Actual			
Revenues Adjusted EBITDA ^{1,2}	\$ 700 - 760 165 - 190	\$	740 162		
Capital Additions ³	~ 140		134		
Revenue Split:					
Well Intervention	\$ 545 - 620	\$	561		
Robotics	145 - 160		159		
Production Facilities ²	50 - 55		64		
Elimination	(40) - (75)		(44)		
Total	\$ 700 - 760	\$	740		

- Key 2019 forecast drivers:

 Siem Helix 1 & 2 strong performance in Brazil

 Q4000 and Q5000 improved GOM activity in 2019

 Stable North Sea intervention market
- · Improved cost structure in Robotics
- Improved ROV utilizationNew HFRS agreement
- · Q7000 deployment in second half of 2019

Outlook for 2019 and 2018 actual include an approximate \$20 million reduction in EBITDA for mobilization costs paid in 2016-2017 for the Brazil contracts and expensed over the term of the contracts
Outlook for 2019 does not include benefit from oil and gas production related to Droshky acquisition

³ Includes capitalized interest and dry dock costs

2019 Outlook: Well Intervention

- Total backlog at December 31, 2018 was approximately \$1.1 billion (\$0.9 billion for Well Intervention)
- Gulf of Mexico
 - Q4000 Began an expected 12-well campaign in December with estimated duration into April 2019, then working in spot market with good utilization expected in 2019.
 - Q5000 Forecasted to work for BP for 270 days beginning January 1 through Q3 2019
 - 15K IRS rental unit Four wells on Q5000 beginning January 1 and potential for work later in the year
 - 10K IRS rental unit Available in spot market with limited visibility
- North Sea
 - Seawell Dry dock during January, mobilized mid-February with good utilization expected in 2019
 - Well Enhancer Dry dock during January, beginning work early March with good utilization expected in 2019
- Brazil
 - Siem Helix 1 and 2 working under contract for Petrobras
 - Maintenance scheduled for Siem Helix 2 in Q3 2019 and Siem Helix 1 in Q4 2019

HELIX ENERGY SOLUTION

2019 Outlook: Robotics

- Improved cost structure with reductions related to vessel charters, including expiration of the Grand Canyon charter in October 2019, and expiration of the hedge on the Grand Canyon II in July 2019
- Grand Canyon (North Sea) performing trenching work through Q1 2019. Currently expected to be trenching through the scheduled return of the vessel in October 2019
- Grand Canyon II (GOM) worked for one customer for half of January on an ROV support project and commenced a 60-day survey support project mid-February 2019, after which the vessel will pursue spot market opportunities in GOM or other regions depending on market conditions
- Grand Canyon III (North Sea) pursuing spot market opportunities in Q1 2019 with its trenching campaign expected to commence in mid-April 2019 into Q4 2019



2019 Outlook: Capital Additions & Balance Sheet

2019 Capital Additions are currently forecasted at approximately \$140 million, consisting of the following:

- Growth Capex \$1151 million related to completion of the Q7000 and related intervention system:
 - o \$112 million for the Q7000, including a \$69 million shipyard payment
 - o \$3 million for intervention systems
- Maintenance Capex \$25 million for vessel and intervention system maintenance (including dry dock costs for the Seawell, Well Enhancer, and Helix Producer I in Q1 2019)

Balance Sheet

- Our total funded debt² level is expected to decrease by \$47 million (from \$479 million at December 31, 2018 to \$432 million at December 31, 2019) as a result of scheduled principal payments
- Continued strong operating cash flow is expected in 2019

1 Includes capitalized interest



² Excludes unamortized discounts and issuance costs

Beyond 2019

- Expect improvements despite challenging market conditions
 - Several long term well intervention contracts
 - o Operational improvements and cost reductions
- Market improvements offer additional upside potential
- · Cash Flows improvements
 - Improved operating cash flows and positive free cash flow in 2018
 - o Expected strong free cash flow beginning 2020 once all major capital projects completed
 - o Maintenance Capex expected to be \$30 \$50 million annually
- · Well Intervention
 - o Full year of Q7000 operations
 - o Focus on continued improved operating performance
 - o Expanded alliance offerings
- Robotics
 - Continued strong renewables trenching market
 - Improvements in cost structure
 - Grand Canyon II hedge expires in Q3 2019
 - Grand Canyon I charter expires Q4 2019
 - Grand Canyon III hedge expires in Q1 2020





Non-GAAP Reconciliations

(\$ in thousands)		Thr	ee M	Months En	Year Ended						
		12/31/18		12/31/17		9/30/18		12/31/18		12/31/17	
Adjusted EBITDA:											
Net income (loss)	\$	(13,747)	\$	50,580	\$	27,121	\$	28,598	\$	30,052	
Adjustments:											
Income tax provision (benefit)		1,174		(49,307)		841		2,400		(50,424)	
Net interest expense		3,007		3,298		3,249		13,751		18,778	
Loss on extinguishment of long-term debt		-		-		2		1,183		397	
Other expense, net		3,099		815		709		6,324		1,434	
Depreciation and amortization		27,183		26,075		27,680		110,522		108,745	
Non-cash losses on equity investment		3,430		1,800				3,430		1,800	
ЕВІТОА		24,146		33,261		59,602		166,208		110,782	
Adjustments: (Gain) loss on disposition of assets, net Realized losses from foreign exchange contracts		-		-		(146)		(146)		39	
not designated as hedging instruments		(908)		(846)		(820)		(3,224)		(3,605)	
Other than temporary loss on note receivable		-						(1,129)		-	
Adjusted EBITDA	\$	23,238	\$	32,415	\$	58,636	\$	161,709	\$	107,216	
Free cash flow:											
Cash flows from operating activities Less: Capital expenditures, net of proceeds from	\$	45,917	\$	20,315	\$	63,161	\$	196,744	\$	51,638	
sale of assets		(81,652)		(99,699)		(13,437)		(137,058)		(221,127)	
Free cash flow	\$	(35,735)	\$	(79,384)	\$	49,724	\$	59,686	\$	(169,489)	

We define EBITDA as earnings before income taxes, net interest expense, gain or loss on extinguishment of long-term debt, net other income or expense, and depreciation and amortization expense. Non-cash losses on equity investments are also added back if applicable. To arrive at our measure of Adjusted EBITDA, we exclude gain or loss on disposition of assets. In addition, we include realized losses from foreign currency exchange contracts not designated as hedging instruments and other than temporary loss on note receivable, which are excluded from EBITDA as a component of net other income and expense. We define free cash flow so cash flows from poerating activities less capital expenditures, net of proceeds from sale of assets. We set EBITDA and free cash flow to monitor and facilitate internal evaluation of the performance of our business results to those of others in our industry, to analyze and evaluate financial strategic planning decisions regarding future investments and acquisitions, to plan and evaluate financial strategic planning decisions regarding future investments and acquisitions, to plan and evaluate regarding our results to the holders of our debt as required by our debt overwants. We believe that our measures of EBITDA and free cash flow yet or debt overwants we believe that our measures of EBITDA and free cash flow store that are understand our operating performance and compare our results to other companies that have different financing, capital and tax structures. Other companies may calculate their measures of EBITDA and free cash flow with the second of the cash flow should not be considered in isolation or as a substitute for, but instead are supplemental to, income from operations, net income, cash flows from operating activities, other companies and calculate their measures of EBITDA and free cash flow storem of the department of the proper of the

