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): **April 29, 2013**

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

Minnesota	**001-32936**	**95-3409686**
(State or other jurisdiction of incorporation)	(Commission File Number)	(IRS Employer Identification No.)
400 N. Sam Houston Parkway E., Suite 400 Houston, Texas		**77060**
(Address of principal executive offices)	**281-618-0400** (Registrant's telephone number, including area code)	(Zip 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))

Item 7.01 Regulation FD Disclosure.

Helix Energy Solutions Group, Inc. (the "Company") is disclosing an updated Company presentation to be used in communications with investors as well as an upcoming investor event. 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.*

Number	Description
99.1	Materials to be presented at the investor event.

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: April 29, 2013

HELIX ENERGY SOLUTIONS GROUP, INC.
By: /s/ Anthony Tripodo
Anthony Tripodo
Executive Vice President and Chief Financial Officer

Index to Exhibits

Exhibit No.	Description
99.1	Materials to be presented at the investor event.

EXHIBIT 99.1

HELIX
ENERGY SOLUTIONS

Company Update

May 2013

Forward-Looking Statements

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 "forward-looking statements" within the meaning of the Private Securities Litigation Reform Act of 1995, including, without limitation, any projections of financial items; the timing of the closing of our pipelay vessel sales; projections of contracting services activity; future operations expenditures; projections of utilization; any statements of 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. These statements involve certain assumptions we made based on our experience and perception of historical trends, current conditions, expected future developments and other factors we believe are reasonable and appropriate under the circumstances. The forward-looking statements are subject to a number of known and unknown risks, uncertainties and other factors that could cause our actual results to differ materially. The risks, uncertainties and assumptions referred to above include the performance of contracts by suppliers, customers and partners; delays, costs and difficulties related to the pipelay vessel sales; actions by governmental and regulatory authorities; operating hazards and delays; our ultimate ability to realize current backlog; employee management issues; local, national and worldwide economic conditions; 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. Free copies of the reports can be found at the SEC's website, www.SEC.gov. 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.

HELIX ENERGY SOLUTIONS

Who We Are

Helix is a specialty deepwater service provider to the offshore energy industry, focused on expanding our subsea infrastructure services in Well Intervention and Robotics.

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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?

- Strong current demand with projected sustained growth
- Significant barriers to entry
  - Capital-intensive at the top end of the market, for both vessels and skilled crews
  - Mastery of full range of services necessary to add value
  - Strong track record critical to earning customer trust

Helix Light Well Intervention (LWI) vessels - *Well Enhancer* and *Seawell*

Trenching ROV preparing for deployment

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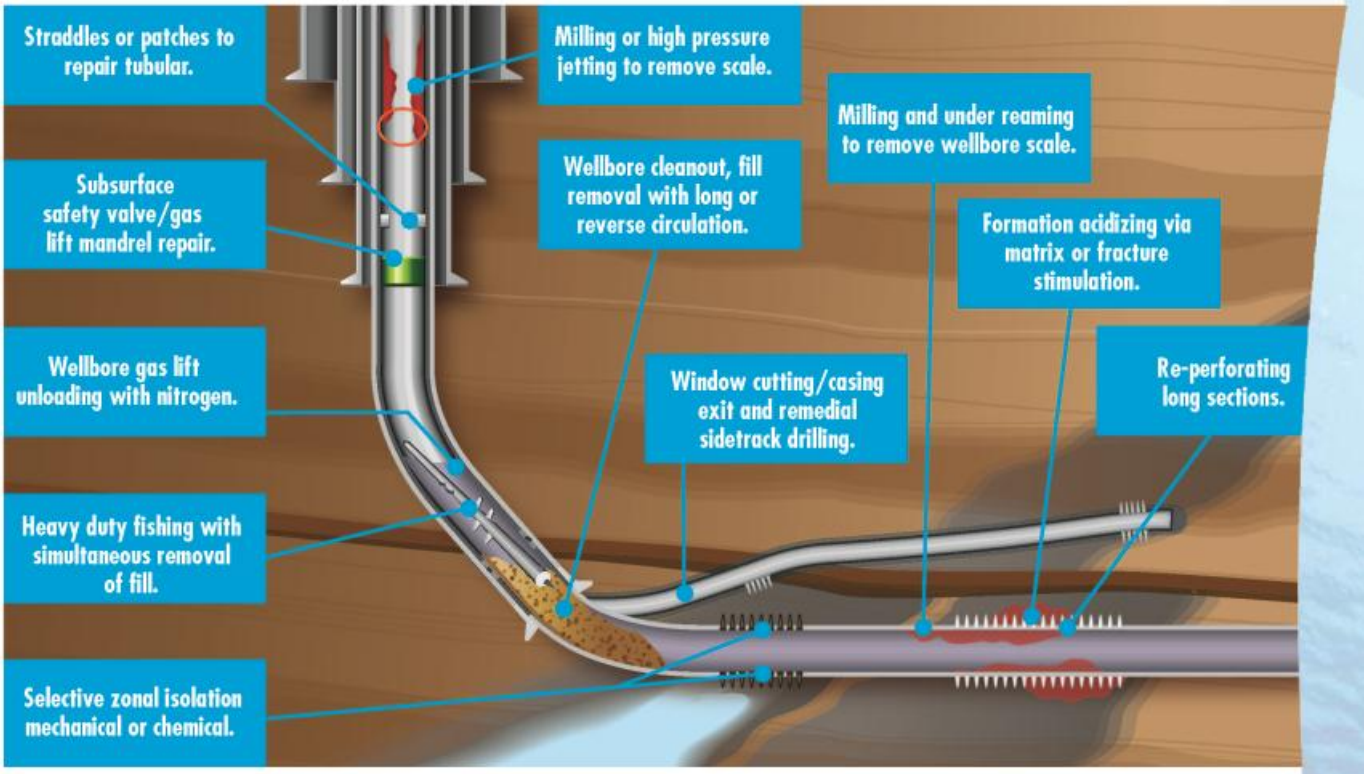
Well Intervention

Well Intervention Overview



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Well Intervention Current Asset Base

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Future Well Intervention Growth

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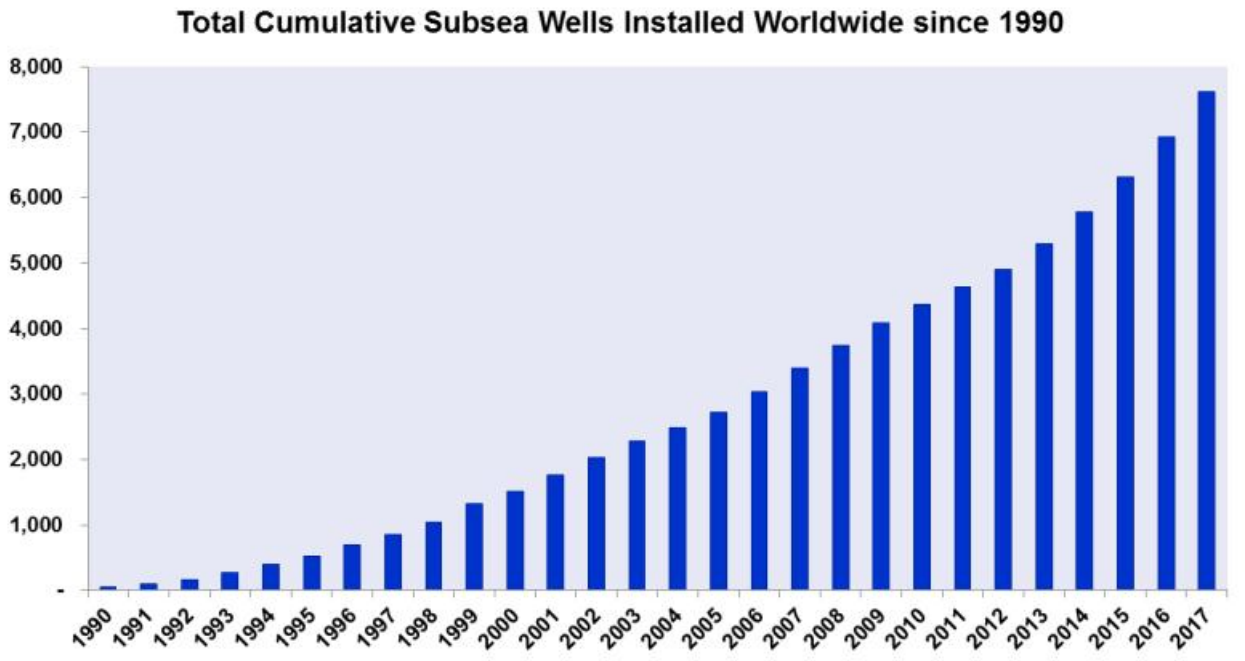
Global Subsea Well Inventory Growth



Source: Infield Systems, Offshore Energy Database

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What Sets Helix Apart in Well Intervention

- **The Helix fleet pioneered modern deepwater well intervention techniques**
  - **MSV *Seawell***, the industry's first dedicated monohull light well intervention vessel
  - **MODU *Q4000***, the industry's first semi-submersible vessel dedicated to riser-deployed well intervention
  - **MSV *Well Enhancer***, the industry's first LWI monohull to deploy coiled tubing for well intervention
  - **SILs** make intervention possible for a broad range of applications, including connecting to the Macondo well in 2010
- **Only intervention company with expertise in all intervention asset categories**
- **A significant track record of global intervention successes**
  - Primary target for operations in the U.S. Gulf of Mexico, North Sea, and West Africa
  - Further growth potential in emerging global markets, including West Africa, Asia Pacific, Mediterranean, Canada, and Brazil

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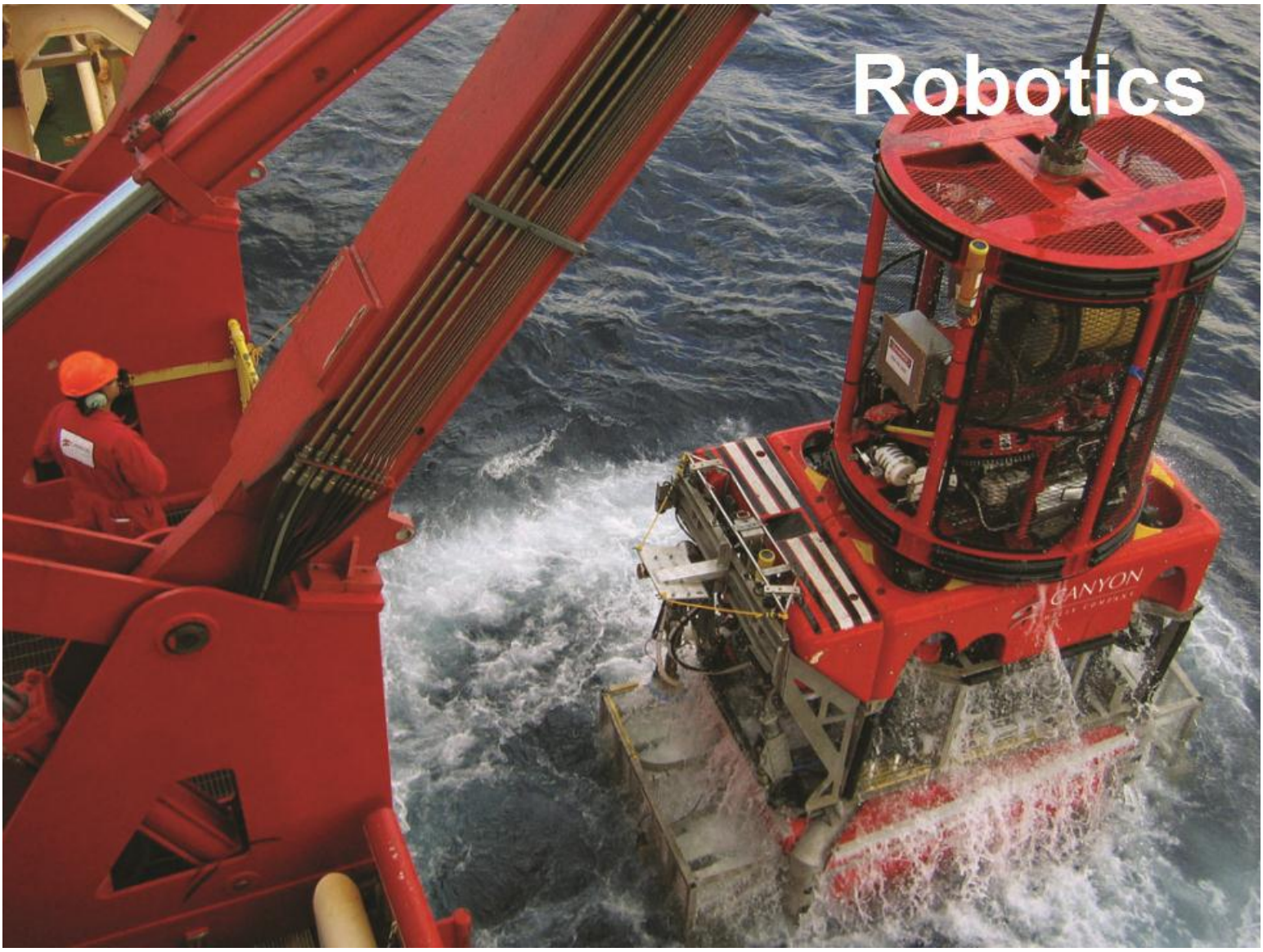
Robotics
CANYON

Robotics Overview

- Helix provides ROVs and crews to perform subsea tasks, including:
  - Umbilical and flowline trenching services
  - Geotechnical coring
  - Comprehensive workclass ROV services
  - Dynamically positioned ROV support vessels
  - Tooling and intervention services
  - Technical manpower and project management services
- As operations move into deeper waters, more powerful, specialized ROVs will be required to perform subsea tasks

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Robotics Assets

50 Work-class ROVs:

- The backbone of the fleet, capable of performing a broad array of subsea construction and well intervention tasks
- 8 new ROVs placed in service in 2012

4 Trenchers:

- The key to pipeline installation in heavily-trafficked waters
- *T1200* (above) placed in service Q3 2012
- Construction of new *T1500* in process and expected to be delivered Q2 2014

2 ROVDrills:

- Provide seabed composition intelligence for subsea construction and subsea mining operations

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Chartered Vessel Fleet

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Chartered Vessel Fleet

- Currently four vessels under long-term charter
- Three additional vessels scheduled to enter fleet over the next 3 years
  - *Rem Installer* - 2013
  - *Grand Canyon II* - 2014
  - *Grand Canyon III* - 2015
  - The above vessels are a combination of fleet enhancement / replacement
  - Spot vessels are continually added & subtracted to the chartered vessel fleet as market demand requires

Rem Installer

Grand Canyon II, III

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Future Robotics Growth

- Newbuild chartered vessels optimized for renewable energy markets, as well as oil & gas markets
- Additional work-class ROVs for current and emerging markets
- Trenchers for burial operations worldwide
- ROVDrill seabed coring units for energy and mining industries

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What Sets Helix Apart in Robotics

- Helix charters its ROV support vessels, ensuring a modern fleet that can expand and contract based on regional requirements
- A fleet of advanced vehicles, including several units custom-built to our specifications
- The industry leader in subsea trenching and coring capabilities
- Provide trenching, cable burial and ROV support for offshore wind farm development
  - Current focus on export lines (field to shore)
  - Future opportunities in-field (inter-array cable installation)
- ROVs serve many industries outside the offshore oil and gas sector

Oil and Gas

Renewable Energy

Subsea Mining

Specialty Services

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Production Facilities

Production Facilities

IndependenceHub Semi (20%)
- Location: MississippiCanyon (GOM)
- Partner: Enterprise Products
- Operator: Anadarko

Marco Polo TLP (50%)
- Location: Green Canyon (GOM)
- Partner: Enterprise Products
- Operator: Anadarko

***Helix Producer I* FPU**
- Location: Phoenix Field (GOM)
- Expect to remain on field through 2019
  - A component of the well containment system, along with the *Q4000*

Production Facilities contributed ~$60 million in EBITDA in 2012.

***Helix Producer I* preparing to re-enter service following Macondo well containment response**

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2013 Outlook

2013 Outlook

($ in millions)

	2013 Outlook	2012 Actual
Revenues (on-going operations)	$ 863	$ 654
EBITDA [(A)]	~ 300	601
EBITDA - Total 2013 Exit Rate [(B)]	~ 350	--
CAPEX	~ 365	492
Revenue Split:		
Well Intervention	$ 483	$ 379
Robotics	341	329
Production Facilities / ORRI	86	80
Elims	(47)	(134)
On-going Operations	**$ 863**	**$ 654**
Oil and Gas	49	557
Subsea Construction	50	193
Total Revenues	**$ 962**	**$ 1,403**

(A) 2013 Outlook and 2012 Actual includes $32 million and $367 million from Oil and Gas discontinued operations.

(B) 2013 Outlook excluding Subsea Construction and Oil and Gas, plus expected annualized contribution from *Helix 534* and chartered *Skandi Constructor*.

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2013 Outlook

- **Contracting Services**
  - Backlog as of March 31, 2013 was $1.6 billion (pro forma for *Q4000* and *Q5000* multi-year contracts signed the first week in April)
  - Utilization expected to remain strong for the well intervention fleet
    - *Q4000* full backlog thru 2015
    - *Q5000* initial backlog of 270 days annually over first 5 years of operations
    - *Helix 534* expected in service in Q3, full backlog for remainder of 2013
      - Building backlog into 2014 thru 2016
    - *Seawell* and *Well Enhancer* fully booked in Q2 and Q3, and partially booked in Q4 of 2013; backlog building into 2014 and 2015
    - *Skandi Constructor* initial backlog of 95 days; currently under contract providing ROV support services for windfarm project
    - North Sea well intervention vessels have over 475 days of committed work in 2014 in the UK, Africa, and Canada
  - Entered into long-term lease agreement for the *Rem Installer* and expect charter to commence mid-2013
  - Continuing to add ROV systems in 2013 to support commercial growth in our Robotics business
- The *Express* and *Caesar* expected to close in July
- Ingleside shorebase now leased to EMAS-AMC thru the end of 2013

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2013 Outlook - Capex

- **Capital Expenditures**
  - Contracting Services (approximately $365 million in 2013)
    - $61 million incurred in Q1
    - *Q5000* new build (approximately $135 million in 2013)
      - On schedule for delivery in 2015
    - Newly acquired *Helix 534* continues conversion in Singapore into a well intervention vessel
      - Estimated $190 million for vessel, conversion and intervention riser system (approximately $45 million remaining be incurred in 2013)
      - Expect to deploy vessel in the Gulf of Mexico in Q3 2013
    - Approximately $45 million for intervention riser system and deck modifications for the *Skandi Constructor* (approximately $24 million remaining to be incurred in Q3)
    - Continued incremental investment in Robotics business
    - Maintenance capital for *Seawell* life extension and *Helix Producer I* dry dock

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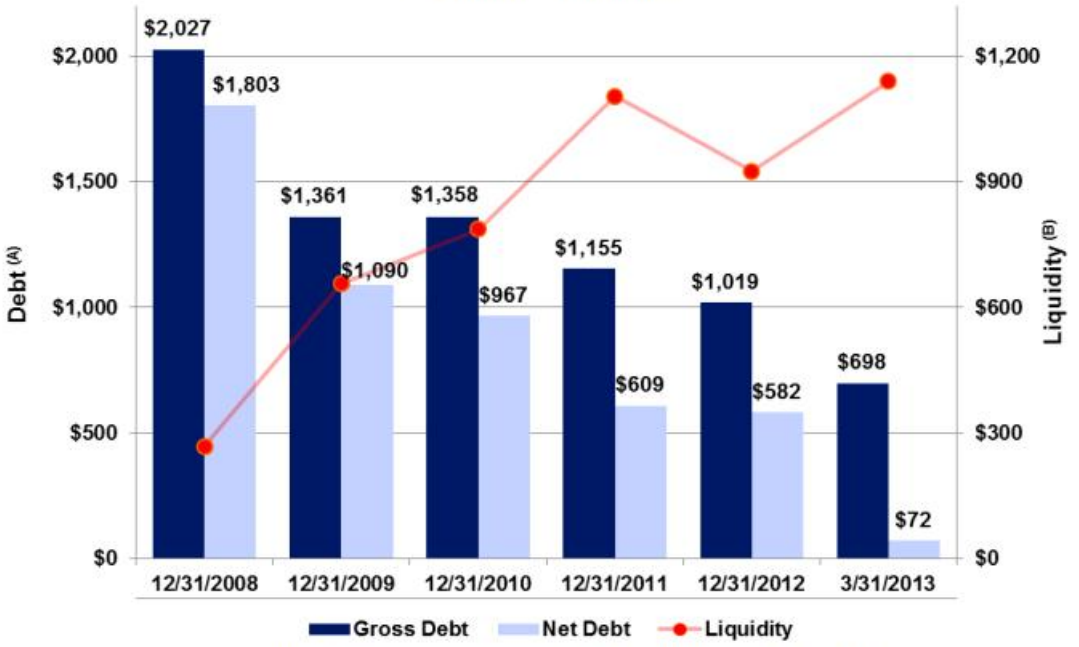
Debt & Liquidity

Debt and Liquidity Profile

($ amounts in millions)



Liquidity of approximately $1.1 billion at 3/31/2013

(A) Includes impact of unamortized debt discount under our convertible senior notes.

(B) Liquidity, as we define it, is equal to cash and cash equivalents ($626 million), plus available capacity under our revolving credit facility ($514 million).

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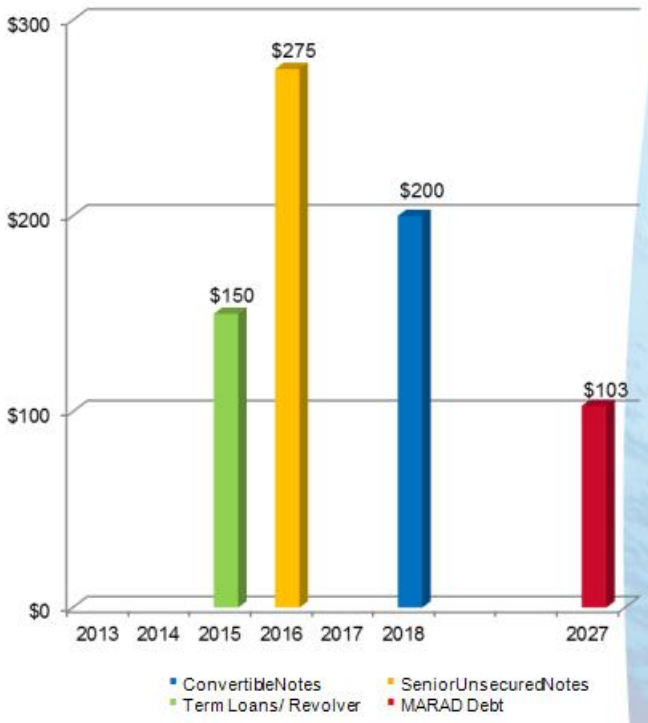
Debt Maturity Profile

Total funded debt of $728 million at end of Q1 2013 consisting of:

- $200 million Convertible Senior Notes - 3.25% (A) ($170 million net of unamortized debt discount)
- $150 million Term Loan / Revolver borrowings
  - LIBOR + 2.75% on $73 million of Term Loan
  - LIBOR + 2.75% on $78 million of Revolver
  - $522 million of revolver availability (including $8 million of LCs in place as of Q1 2013)
- $275 million Senior Unsecured Notes - 9.5%
- $103 million MARAD Debt - 4.93%

Maturity Profile at 3/31/2013
($ amounts in millions)



(A) Stated maturity 2032. First put / call date - March 2018.

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