FORM 4

## **UNITED STATES SECURITIES AND EXCHANGE COMMISSION**

Machinatan	D C	20540	
Nashington,	D.C.	20049	

TATEMENT OF	CHANGES	IN RENEFICIAL	OWN

OMB APPROVAL											
OMB Number:	3235-0287										
Estimated average burden											
hours nor roomanas.	0.5										

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

Name and Address of Reporting Person*     Harris Paula					2. Issuer Name and Ticker or Trading Symbol HELIX ENERGY SOLUTIONS GROUP INC [ HLX ]								k all app Direc	tionship of Reporting all applicable) Director		10% Ov	wner		
(Last) 3505 WF	(Fi	rst) (M	Middle)	RTH	3. Date of Earliest Transaction (Month/Day/Year) 04/01/2024									below	cer (give title ow)		Other (s below)	ресіту 	
SUITE 400					4. If Amendment, Date of Original Filed (Month/Day/Year)							6. Individual or Joint/Group Filing (Check Applicable Line)							
(Street)	ON TX	K 7	7043	•									X	X Form filed by One Reporting Person  Form filed by More than One Reporting  Person				- 1	
(City)	(St	ate) (Z	Zip)		Rule 10b5-1(c) Transaction Indication  Check this box to indicate that a transaction was made pursuant to a contract, instruction or written plan that is intended to satisfy the affirmative defense conditions of Rule 10b5-1(c). See Instruction 10.														
		Table	I - Nor	n-Deriva	tive S	ecui	rities	Acq	uired,	Dis	oosed of	, or B	enefic	ially	Own	ed			
Date			2. Transac Date (Month/Da	Execution Date,				ies Acquired (A) o Of (D) (Instr. 3, 4		and Securit Benefic Owned		ties Fo cially (D) I Following (I)		n: Direct r Indirect nstr. 4)	7. Nature of Indirect Beneficial Ownership				
								Code V		Amount	(A) (D)	Pric	:e		ted action(s) 3 and 4)			(Instr. 4)	
Common Stock 04			04/01/2	2024		A		2,595	A	\$	0(1) 61		61,755		D				
		Tal									osed of, o				Owned	d			
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Dee Execution if any (Month/I			ransaction of Code (Instr. Derivative		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Securities Underlying Derivative Security (Inst 3 and 4)		Der Sec (Ins	Price of erivative ecurity nstr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Owners Form: Direct (I or Indirect) (I) (Instr	Ownership	11. Nature of Indirect Beneficial Ownership (Instr. 4)		
							Date Exercisa	able	o N Expiration o		Amount or Number of Shares								

## **Explanation of Responses:**

1. This restricted stock award was granted pursuant to the Company's 2005 Long Term Incentive Plan (as Amended and Restated effective May 15, 2019) and therefore has no purchase or sales price. The restricted stock award was received in lieu of quarterly fees related to the reporting person's service on the Board of Directors and its committees

> Ken Neikirk by power of attorney

04/01/2024

\*\* Signature of Reporting Person Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- $^{\star}$  If the form is filed by more than one reporting person, see Instruction 4 (b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.