FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington,	D.C.	20549

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

ATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

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* Miguel Bejos Alfredo						2. Issuer Name and Ticker or Trading Symbol SEACOR Marine Holdings Inc. [SMHI]										olicable)	ng Person	Person(s) to Issuer 10% Owner	
(Last) (First) (Middle) C/O SEACOR MARINE HOLDINGS INC. 12121 WICKCHESTER LANE, SUITE 500				3. Date of Earliest Transaction (Month/Day/Year) 10/31/2019									Offic below	er (give title w)		Other below	(specify		
12121 W	ICKCHES:	TER LANE, SU.	TTE 50		4. If	Amen	dment,	Date	of Origi	nal Fil	ed (Month/Da	ay/Year)		6. Indi Line)	vidual o	r Joint/Grou	p Filing (C	heck A	pplicable
(Street)														X	Forn	n filed by On	e Reportir	ng Pers	son
HOUSTO	ON T	X	77079												Forn Pers	n filed by Mo son	re than O	ne Rep	orting
(City)	(St	ate) ((Zip)																
	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned																		
		2. Transaction Date (Month/Day/Year)		2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)		4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 a			and 5) Secu Bene Owne		cially I Following	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership			
									Code	v	Amount	(A) or (D)	Price			ted action(s) 3 and 4)			(Instr. 4)
Common	Stock			10/31/2	019				S ⁽¹⁾		3,820(2)	D	\$13.	0614	16	50,076	D		
Common	Stock			11/01/2	.019				S ⁽¹⁾		3,471(3)	D	\$13.	1484	156,6		D		
Common Stock															77	78,431	I		Proyectos Globales de Energia y Servicios CME, S.A. de C.V. ⁽⁴⁾
		Ta	able II								osed of, convertib				wned				
1. Title of Derivative Security (Instr. 3)	L. Title of Derivative Security Instr. 3) 2. Conversion or Exercise Price of Derivative Security Security Security 1. Title of Conversion Date (Month/Day/Year) Date (Month/Day/Year) Execution Date, if any (Month/Day/Year) (Month/Day/Year) 8)		4. Transa Code (ction	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			6. Date Exercisable an Expiration Date (Month/Day/Year) Date Expiration Date Expiration Date Expiration Date Expiration Date Expiration Date			7. Title and Amount of Securities Underlying Derivative Security (Instr. and 4) Amour or Numbe		rice of ivative urity tr. 5)	9. Number derivative Securities Beneficially Owned Following Reported Transactior (Instr. 4)	Own Form Direct or In (I) (Ir		11. Nature of Indirect Beneficial Ownership (Instr. 4)		

Explanation of Responses:

- $1. \ This \ trade \ occurred \ pursuant \ to \ a \ Rule \ 10b5-1 \ trading \ plan \ established \ by \ the \ Reporting \ Person \ on \ September \ 12, \ 2019.$
- 2. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$13.00 to \$13.40, inclusive. The reporting person undertakes to provide to the Issuer, any security holder of the Issuer, or the staff of the Securities and Exchange Commission, upon request, full information regarding the number of shares sold at each separate price within the ranges set forth in this footnote 2 and footnote 3 to this Form 4.
- 3. The price reported in Column 4 is a weighted average price. These shares were sold in multiple transactions at prices ranging from \$13.00 to \$13.37, inclusive.
- 4. The Reporting Person is the President, Chief Executive Officer and a shareholder of Proyectos Globales de Energia y Servicios CME, S.A. de C.V. The Reporting Person disclaims beneficial ownership except to the extent of his pecuniary interest in the securities.

Remarks:

/s/ Andrew H. Everett II, 11/01/2019 Attorney-in-Fact

** Signature of Reporting Person

Date

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

- * 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.