FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

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

MENT OF CHANGES IN BENEFICIAL OWNERSHIP

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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* Rossmiller Gregory Scott						2. Issuer Name and Ticker or Trading Symbol SEACOR Marine Holdings Inc. [SMHI]								Check	all applic Directo	onship of Reporting Il applicable) Director Officer (give title		10% Ov	vner	
(Last) C/O SEAC 12121 WI		3. Date of Earliest Transaction (Month/Day/Year) 04/16/2019									X Officer (give title below) Other (specify below) SVP & CAO									
(Street) HOUSTO (City)	HOUSTON TX 77079 City) (State) (Zip)						4. If Amendment, Date of Original Filed (Month/Day/Year)								Individual or Joint/Group Filing (Check Applicable ine) X Form filed by One Reporting Person Form filed by More than One Reporting Person					
		Tabl	e I - No	n-Deriv	ative	Sec	urities	Ac	quired,	Dis	posed o	f, or Be	nefici	ially	Owned					
1. Title of Security (Instr. 3) 2. Trans Date (Month/I						Ex) if a	2A. Deemed Execution Date, if any (Month/Day/Year)		3. Transaction Code (Instr. 8)		4. Securities Acquired (A) Disposed Of (D) (Instr. 3, 4			4 and 5) Secu Bene Own		mount of urities eficially ned Following		r Indirect	7. Nature of Indirect Beneficial Ownership	
									Code	v	Amount	nt (A) or P		e:e	Reported Transaction(s) (Instr. 3 and 4)				(Instr. 4)	
Common Stock 04/					/2019				A		12,000	O ⁽¹⁾ A §		0.00	16,	16,629		D		
		Ta									osed of, convertil				wned					
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	rcise (Month/Day/Year) if tive		ned n Date, ay/Year)	4. Transa Code (I 8)				6. Date E Expiratio (Month/D	n Dat	e Amount of		of s ng e Securi	S (I	8. Price of Derivative Security (Instr. 5)	9. Numbe derivative Securities Beneficia Owned Following Reported Transacti (Instr. 4)	e s ally g	10. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
					Code	v	(A)	(D)	Date Exercisa		Expiration Date	Title	Amou or Numb of Share	per						
Stock Options (right to buy)	\$13.28	04/16/2019			A		3,750		(2)		04/16/2029	Common Stock	3,75	50	\$0.00	3,750)	D		
Performance Restricted Stock Units	(3)	04/16/2019			A		8,000		(4)		(4)	Common Stock	8,00	00	\$0.00	8,000)	D		

Explanation of Responses:

- 1. The restricted stock award reported on this Form 4 will lapse in three equal annual installments beginning on March 4, 2020 and ending on March 4, 2022.
- 2. The stock option award reported on this Form 4 is exercisable in three equal annual installments beginning on March 4, 2020 and ending on March 4, 2022.
- 3. Each Performance Restricted Stock Unit (each, a "PRSU") represents a contingent right to receive, at vesting, one share of Common Stock subject to the achievement of certain performance goals and servicebased vesting requirements.
- 4. These PRSUs consist of five equal tranches, each of which will be earned if and when the closing price of one share of Common Stock equals or exceeds the specified stock price performance goal for such tranche for 60 consecutive trading days during the three year performance period beginning on the grant date, provided that any earned PRSUs will not be settled until the third anniversary of the grant date, subject to satisfaction of the service-based vesting requirements set forth in the award agreement. The specified stock price performance goals for each tranche are \$15.61, \$17.77, \$20.06, \$22.34 and \$24.50, respectively.

Remarks:

/s/ Andrew H. Everett II, 04/18/2019 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.