

Helen Abell



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Hair: Blonde Eyes: Blue
Height: 5'4" Weight: 140lbs
helenabell.com

FILM/TV **in production

**HILLBILLY ELEGY
DOOM PATROL
BAD CANDY *short*
PERSPECTIVE *short*
TRIAL BY FIRE
STRANGER THINGS
LOGAN LUCKY
THE LEISURE SEEKER
ORANGE IS THE NEW BLACK
**DON'T KILL THE MESSENGER
27 DIMENSIONS *short*
ARE YOU HERE
YOU AND ME AND S&G
MONSTERS INSIDE ME
TIDELINE
MARGARITA WITH A STRAW
GINGERBREAD HOUSE
UNFINISHED
MADALYN
SHAKE
THE AXE MAN
JESUS H. ZOMBIE

Principal
Co-Star – S.1 Ep. 9
Principal
Lead/Writer/Producer
Principal
Recurring Co-Star – S.2 Ep. 6 & 8
Principal
Principal
Recurring Co-Star – S.3 Ep. 1 & 10
Lead
Principal VO
Principal
Lead
Principal
Lead
Principal
Principal/Dance Captain
Lead
Vocalist
Principal
Principal
Principal

Dir. Ron Howard
Dir. Harry Jierjian
Dir. Pepi Ginsberg
Dir. Corinne Kassor
Dir. Ed Zwick
Dir. Andrew Stanton & The Duffer Brothers
Dir. Steven Soderbergh
Dir. Paolo Virzi
Drs. Andrew McCarthy & Jesse Peretz
Drs. Juan Luis Espinal & Miguel Ortiz
Pica Pica Productions
Dir. Matthew Weiner
Dir. Christina Hunt
Animal Planet
Lima Charlie Productions
Dir. Shonali Bose
Dir. VP Boyle
Art Institute of NY
Dir. James Phillips Gates
Jester Films
Mayan Moon Films: Dir. Wade Balance
Shy By Day Productions

NY READINGS

THE GIRLS OF WARD 3
PERSPECTIVE
SWEETBACK'S BAADASS SONG

Euphemia
Gina
Big Sadie

Articulate Theatre Company
Love Drunk Series/The Drama League
Dir. Melvin Van Peebles

THEATRE *select credits*

YOU NEVER CAN TELL
DOWNTOWN
THE MISER
HIGH SOCIETY
PRISONER OF SECOND AVE
MAN OF LA MANCHA

Effie
Kate
Elise
Maid/Swing
Jessie
Antonia

Gloria Maddox Theatre
Manhattan Theatre Source
Center for Fine & Performing Arts, FL
Royal Palm Dinner Theatre
The Renaissance Project
Center for Fine & Performing Arts, FL

IMPROVISATION

EXIT STRATEGY
EPIONE
PLAYING IN TRAFFIC
NYC Improv Festival
Toronto Improv Festival

NYC
NYC TRAGIC IMPROV
Atlanta

PRINT

Subway

State Street Global
McCann-Erickson

ACTING

T. Schreiber Studio NYC – Terry Schreiber, Page Clements,
Cheryl Stern, Bob Verlaque, Peter Miner, John Howard Swain,
Sam Christensen
Pro Actor's Studio ATL - Michael H. Cole, Vince Pisani
Delray Beach Playhouse - Dolly Workman

SPECIAL SKILLS

American Sign Language - ADV Conversational

Prosthetic experience – Life Cast Available

Swimming - all strokes

Stage Combat - Hand to Hand

Valid Driver's License - Stick/Automatic

Valid Passport

Dialects - Southern, British, Cockney, Irish, New
York, German, and Lisp.

*Yoga * Very Flexible * Can pop hips*

Spanish - Basic

DANCE

Ballet * Jazz * Modern * Theatre
Dance Conservatory of Boca Raton
UNCG

Alvin Ailey -Vic DiMonda & Kat Wildish

VOICE

LYRIC SOPRANO

Bel Canto Method

Joleen Wilkinson

Catherine Dunne