

Helen Abell



Agent: Christy Clark 404.952.2214
SE Representation

SAG/AFTRA	helenabell.com
Hair: Blonde	Eyes: Blue
Height: 5'4"	Weight: 135lbs

FILM/TV ***in production*

****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

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. Corinne Kassor

Dir. Ed Zwick

Dir. Andrew Stanton & The Duffer Brothers

Dir. Steven Soderbergh

Dir. Paolo Virzi

Dirs. Andrew McCarthy & Jesse Peretz

Dir. 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 BAADASSS 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 USA

ACTING:

VOICE: LYRIC SOPRANO:

DANCE:

TRAINING

T. Schreiber Studio – Terry Schreiber, Page Clements, Cheryl Stern,
Bob Verlaque, Peter Miner, John Howard Swain,
Sam Christensen, Valorie Hubbard

Pro Actor's Studio Atlanta - Michael H. Cole, Vince Pisani

Delray Beach Playhouse - Dolly Workman

Joleen Wilkinson, Catherine Dunne - Bel Canto Method

Dance Conservatory of Boca Raton, UNCG: Ballet, Modern, Jazz

Alvin Ailey: Vic DiMonda: Theatre Dance, Kat Wildish: Ballet

SPECIAL SKILLS

American Sign Language: Conversational

Swimming: all strokes. Stage Combat: Hand to Hand. Valid Driver's License: Stick/Automatic. Valid Passport

Dialects: Southern (several variations), British, Cockney, Irish, New York, German, and Lisp.

Yoga, Very Flexible, Can pop hips, Spanish: Basic