

# 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 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

## 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