



Ellen Helinder

Actress Ellen Helinder grew up in Karlstad, western Sweden, and has since lived in London, Oslo and Stockholm. She made her stage debut at the age of ten, at Värmlandsteatern in her hometown. In her early 20s, she moved to Stockholm and started pursuing acting as a career, studying the craft through techniques such as the Chubbuck and Meisner ones.

Helinder has acted in numerous Swedish hit series including *Gåsmamman* (2016) and *Sommaren med släkten* (2020). In 2018, she landed the role of Magdalena in the mega success series *Exit*, which has become Scandinavia's most viewed series of all time. Her stellar performance has led to her character becoming one of the main roles in the third season.

In an interview about *Exit* season 3, creator Øystein Karlsen described her acting as "Honest, raw, vulnerable and brave. She has that special, unexplainable quality that comes alive when the camera starts rolling, and that you just can't take your eyes off of until she exits frame."

Helinder starred in the comedy drama *Homecoming* (2019), for which she was awarded 'Best Actress' at the Across the Globe Festival, and received a nomination for 'Best Swedish Female Actor' at the Västerås Film Festival.

She has several upcoming projects, including TV series for SVT and Viaplay, soon to be made official.

Furthermore, Helinder debuted as a filmmaker in 2020, with her documentary *Little Big Brother*, which premiered on Swedish TV4. The documentary has been distributed internationally and featured in among else the Guardian and the Daily Mail.

Details

Birth: 1991

Language: Swedish, English, Norwegian

Height: 165 cm

Eyes: Blue

Hair: Brown

Contact

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Awards

Västerås Film Festival Nominee (Best National Female Actor) Sweden - <i>Lantisar Homecoming</i>	2019
Across the Globe Festival (Best Actress) US - <i>Lantisar Homecoming</i>	2019
Alternative Film Festival (Best Actress) - <i>Diana</i>	2018

Filmography

Exit (TV Series, FremantleMedia Norge) Dir. Øystein Karlsen (Crime, Drama, Thriller)	2019 - 2023
Leif & Billy (TV Series, SVT) Dir. Klas Eriksson & Alfred Svensson (Comedy)	2023
Debuten Debut (Short, Canelake Films) Dir. Johan Stavsjö (Drama)	2021
Begravningen The Funeral (Short, Still Woodgrain) Dir. Marcus Rodert (Drama)	2021
Sommaren med släkten (TV Series, BOB Film Sweden) Dir. Mikael Syrén (Comedy)	2020
Åreakuten First Responders (TV Series, SF Studios) Dir. Lena Koppel (Drama)	2020
Lantisar Homecoming (Feature film, Backa Studios) Dir. Malin Dahl (Comedy, Drama)	2019
Intervju (Short) Dir. Jonathan Elfving	2019
Sömngångaren Sleepwalker (Short, Bakåtkupad Film) Dir. Agnes Jeppsson (Comedy, Horror)	2019
Hannah (Short) Dir. Anna-Mahina Köhlin-Mantha	2018
Finding Alice (Feature film, Laithaus) Dir. Pablo Fernandez (Drama)	2018
Diana (Short, ThatSmilingLemon) Dir. G. Rockk (Drama)	2018
Gåsmamman Säsong 2 Mother Goose Season 2 (TV Series, Endemol Shine Nordics) Dir. Richard Holm (Crime, Thriller)	2016