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SALOMONSSON AGENCY

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). She portrays Magdalena in the mega success series *Exit* (2019-2023), which has become Scandinavia's most viewed series of all time.

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.

2026 saw the premiere of the acclaimed Netflix series Jo Nesbø's Detective Hole, in which Helinder portrays forensic investigator Beate Lønn in a leading role, opposite Harry Hole.

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

Awards

Västeras Film Festival Nominee (Best National Female Actor) Sweden – *Lantisar Homecoming*	2019
Across the Globe Festival (Best Actress) US – *Lantisar Homecoming*	2019
Alternative Film Festival (Best Actress) – *Diana*	2018

Filmography

Jag ska måla hela världen lilla mamma *(Short)* Dir. Klara Söderstrand *(Drama)* post-production	2027
Puppos *(Feature film, Pangprbprod)* Dir. Jean-Luc Mwepu in-production	2026
For the Ladies *(Short, Norwegian Arm)* Robin Værøy Godø in-production	2026
Jo Nesbø's Detective Hole *(TV Series, Netflix Studios)* Dir. Øystein Karlsen *(Crime, Drama, Mystery)*	2026
Beck - Den osynlige mannen *(TV Series, Filmlance International)* Dir. Per Hanefjord *(Crime, Mystery, Thriller)*	2025
Alicia och Josefin *(Short, Rusty Bucket Production)* Dir. Mikael Högman *(Drama)*	2025
Bytet *(Short)* Dir. Jonathan Elfving *(Thriller)*	2025
Veronika *(TV Series, SkyShowtime)* Dir. Jonas Alexander Arnby *(Crime, Drama, Thriller)*	2024
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, Art & Bob)* 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