

Jay Helms

jmhnyc@hotmail.com / 646-418-0445

SAG-AFTRA

Height: 5' 9" Weight: 175lbs

TELEVISION:

Dead of Winter	Guest Star	Justin Lee Stanley	Red Marble Media
Homicide for the Holidays	Co-Star (Reenactment)	Charlie Mysak	Jarrett Creative Group
Monsters Inside Me	Guest Star (Reenactment)	Nicholas Zeig-Owens	Optomen Productions
Mysteries at the Museum	Guest Star (Reenactment)	(8 episodes & Dirs.)	Optomen Productions
Married to Medicine / RHOP	Stand In (Andy Cohen)		Purveyors of Pop

FILM:

Drip – short film	Supporting	Jillian Cantwell	Stephanie Iscovitz
The Flip – short film	Principal	J. Helms	Juan Sanchez
The Cost of War – short film	Supporting	Hadi Ram	Hadi Ram

COMMERCIALS:

Conflicts available upon request

TRAINING:

HB Studio	
Acting I	w/ Trudy Steible
Acting II	w/ Michael Beckett

Actors Connection	
Commercial Intensive	w/ Rebecca Yarsin

SPECIAL SKILLS:

NY Drivers License, Teleprompter, Sprinter, Soccer, Snow Ski, Skateboard, Softball, Body Surfing, Fishing, Volleyball, Roller Skate, Club Dance, Swimming, Roller Blade, Canoeing, Billiards, Snorkel, Hacky-Sack, Relay Race, Skeet/Trap Shoot, Archery, Jet Ski, Badminton, Jump Rope, Shot Put, Baseball, Frisbee, Bike, Tennis
