



Helen Harris

Partner

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Overview

Helen Harris represents companies and individuals both in complex commercial litigation and in internal and government investigations. She vigorously defends clients in numerous state and federal business and commercial litigations in the Connecticut and New York courts. She also conducts timely internal investigations, and guides clients through regulatory inquiries. Helen is a practice group leader in the firm's Litigation department.

Education and Credentials

Education

Columbia Law School, J.D., Harlan Fiske Stone Scholar

Yale University, B.A.

Admissions

U.S. Court of Appeals for the Second Circuit

U.S. District Court, Southern District of New York

U.S. District Court, Eastern District of New York

U.S. District Court, District of Connecticut

State of New York

State of Connecticut

Affiliations

Federal Bar Council

Connecticut Bar Association

Recognition and Community

No aspect of this advertisement has been approved by the highest court of any state. Prior results do not guarantee a similar outcome. See Awards Methodology.

Practices & Industries

[Class Action Litigation](#)

[Complex Commercial Litigation](#)

[Family Office](#)

[Government Enforcement & White Collar Defense](#)

[Internal Investigations](#)

[Litigation](#)

[Shareholder and Securities Litigation](#)

Recognitions

Chosen for inclusion in *The Best Lawyers in America* (Woodward/White, Inc.), Commercial Litigation, 2023-2025

Community Involvement

Federal Grievance Committee, District of Connecticut, 2017-2023

Federal Selection Panel, to consider reappointment of Magistrate Judge, District of Connecticut, 2023

Connecticut Legal Services, Board of Directors, 2014-Present; Chair of the Board, 2024-Present; and Officer, 2018-Present

Day Pitney Women Working Together, Leadership Committee, 2013-Present

Day Pitney Alliance, Leadership Committee, 2020-Present

Yale Alumni Schools Committee, 2010-Present, and ASC Regional Director, 2023-Present

Day Pitney Pro Bono Committee, Chair, 2010-2013

Insights

Women Working Together Hosts Holiday Dinner for Stamford Women's Shelter

December 9, 2024

Day Pitney White Collar Roundup – July 2023 Edition

July 2023

Day Pitney White Collar Roundup – April 2023 Edition

April 2023

Day Pitney White Collar Roundup – February 2023 Edition

February 2023

Preview of Coming Attractions on Corporate Criminal Enforcement

December 5, 2022

Day Pitney White Collar Roundup – October 2022 Edition

October 2022

Day Pitney White Collar Roundup – August 2022 Edition

August 2022

Day Pitney White Collar Roundup - June 2022 Edition

June 2022

Day Pitney White Collar Roundup - April 2022 Edition

April 1, 2022

White Collar Roundup - February 2022 Edition

February 2022

New Russia Sanctions Require Immediate Compliance Review

February 25, 2022

Day Pitney White Collar Roundup - December 2021 Edition

December 30, 2021

Corporate Crime? DOJ Says Not on My Dime.

December 15, 2021

Day Pitney White Collar Roundup - October 2021 Edition

October 1, 2021

Day Pitney White Collar Roundup - August 2021 Edition

August 1, 2021

Day Pitney White Collar Roundup - June 2021 Edition

June 1, 2021

HHS Eases Prescribing Requirements for Opioid Addiction Medication

June 1, 2021

Updated Resources for Healthcare Providers

June 1, 2021

Potential Federal Privacy Bill

June 1, 2021

Supreme Court Resolves Circuit Split and Narrows the Scope of the TCPA

June 1, 2021

More Regulation for Urgent Care and Retail Clinics?

June 1, 2021

OIG Increases Oversight of Telehealth Services

June 1, 2021

White Collar Roundup - March/April Edition

march/april 2021

Fifth Circuit Weighs In on HIPAA Penalties Due to Data Breaches

March 25, 2021

In Response to Extensive Lobbying, Congress Recalibrates Medicare Physician Fee Schedule for 2021

March 25, 2021

The Long-Awaited HIPAA Proposed Rule Promises Enhanced Access Right

March 25, 2021

White Collar Roundup - January/February Edition

january/february 2021

White Collar Roundup - November/December Edition

november/december 2020

White Collar Roundup - September/October Edition

september/october 2020

Conn. Healthcare Providers May Be Violating the Conn. Unfair Trade Practices Act With Coronavirus Surcharge

October 1, 2020

White Collar Roundup - July/August 2020

july/august 2020

White Collar Roundup - May/June Edition

may/june 2020

SBA Safe Harbor Does Not Guarantee Free Pass for COVID-19 PPP Borrowers

May 13, 2020

White Collar Roundup - March/April Edition
march/april 2020

Antitrust Regulators Address Business Collaboration Designed to Combat COVID-19
March 25, 2020

White Collar Roundup - January/February 2020
March 2, 2020

The New Reality of FARA Enforcement: What DOJ's New Priorities Mean for Your Risk Calculus
September 20, 2019

Parade of Corporate Horribles: Responding Ethically to a New Problem Around Every Corner
November 27, 2018

White Collar Roundup - June 2019
June 24, 2019

White Collar Roundup - May 2019
May 6, 2019

White Collar Roundup - April 2019
April 1, 2019

White Collar Roundup - March 2019
March 12, 2019

White Collar Roundup - February 2019
February 4, 2019

White Collar Roundup - January 2019
January 4, 2019

White Collar Roundup - December 2018
December 3, 2018

White Collar Roundup - November 2018
November 6, 2018

White Collar Roundup - October 2018
October 9, 2018

White Collar Roundup - September 2018
September 10, 2018

White Collar Roundup - August 2018
August 13, 2018

White Collar Roundup - July 2018
July 17, 2018

White Collar Roundup - June 2018
June 7, 2018

White Collar Roundup - May 2018
May 9, 2018

White Collar Roundup - April 2018
April 6, 2018

White Collar Roundup - March 2018
March 2, 2018

White Collar Roundup - February 2018
February 6, 2018

White Collar Roundup - January 2018
January 5, 2018

White Collar Roundup - December 2017
December 13, 2017

White Collar Roundup - November 2017
November 2, 2017

White Collar Roundup - October 2017
October 9, 2017

White Collar Roundup - September 2017
September 7, 2017

White Collar Roundup - August 2017
August 2, 2017

White Collar Roundup - July 2017
July 10, 2017

White Collar Roundup - June 2017
June 7, 2017

White Collar Roundup - May 2017
May 4, 2017

White Collar Roundup - April 2017
April 3, 2017

White Collar Roundup - March 2017
March 7, 2017

White Collar Roundup - February 2017
February 3, 2017

White Collar Roundup - January 2017
January 3, 2017

White Collar Roundup - December 2016
December 5, 2016

White Collar Roundup - November 2016
November 1, 2016

White Collar Roundup - October 2016
October 4, 2016

White Collar Roundup - September 2016
September 6, 2016

White Collar Roundup - August 2016
August 2, 2016

White Collar Roundup - July, 2016
July 7, 2016

White Collar Roundup - June 2016
June 6, 2016

White Collar Roundup - May 2016

May 6, 2016

White Collar Roundup - April 2016

April 5, 2016

White Collar Roundup - March 2016

March 1, 2016

White Collar Roundup - February 2016

February 4, 2016

White Collar Roundup - January 2016

January 5, 2016

White Collar Roundup - December 2015

December 1, 2015

White Collar Roundup - November 2015

November 4, 2015

Day Pitney and ACC Present the Event-- Ask the Enforcers: The Most Significant Enforcement Trends and Greatest Risks in Global Commerce Today

October 29, 2015

In The Media

Speaker, "Parade of Corporate Horribles 2020: Ethically Investigating Issues from the Pandemic and More," Westchester/Southern Connecticut Chapter of the Association of Corporate Counsel (ACC)

September 15, 2020

Speaker, FCPA: Essentials and Ethics of Necessary Investigation, PLAC

March 6, 2019

Editor, "White Collar Roundup," Day Pitney Newsletter

January 11, 2021

Is Attorney Client Privilege Dead?

October 30, 2019

Law Firms Find New Niche Conducting Sex Assault Investigations for Colleges

The Connecticut Law Tribune, April 22, 2016

Law Firms See Opportunity in Wave of Campus Sex Discrimination Claims

The American Lawyer, April 1, 2016