

Helen Harris

Partner

Stamford, CT | (203) 977-7418

hharris@daypitney.com

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.

Firm Leadership:

- Leadership Team, Women Working Together

Experience

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

Effectively defended companies and individuals in federal and state litigations regarding, among others, professional negligence claims, including in the legal profession, accounting and auditing practices, dissolution of partnerships and other partnership disputes, breach of contract claims, challenges to proposed mergers, and many other complex commercial matters

Guided corporate clients in securities class actions and other litigations alleging breaches of fiduciary duty and misleading or omissive public filings

Advised trustees, executors and beneficiaries in complex fiduciary litigation matters and other disputes involving estates, trusts and closely-held businesses

Conducted internal investigations on behalf of board committees and companies concerning, among others, alleged misstatements in financial reporting, alleged breach of fiduciary duties, the Foreign Corrupt Practices Act and corruption concerns, bidding practices, environmental claims, accounting practices, and employee misconduct

Defended against and counseled clients in connection with investigations by federal and state government regulators into, among others, alleged misstatements in public filings, restatement of financial reports, false claims issues, sales of securities, registration under the securities laws and deficiencies in trading and supervision

Practices & Industries

Class Action Litigation

Complex Commercial Litigation

Family Office

Fiduciary and Probate Litigation

Government Enforcement & White Collar Defense

Internal Investigations

Litigation

Shareholder and Securities Litigation

Advised distribution agent in SEC Fair Fund case

Previously, served as a law clerk to The Honorable Reena Raggi, then in the U.S. District Court for the Eastern District of New York

Education and Credentials

Education

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

Yale University, B.A.

Admissions

State of Connecticut

State of New York

U.S. Court of Appeals for the Second Circuit

U.S. District Court, District of Connecticut

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

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

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.

Recognitions

Chosen for inclusion in the *Legal 500 US City Elite Guide* of recognized practitioners for White Collar in Connecticut, 2026

Chosen for inclusion in *The Best Lawyers in America* (Woodward/White, Inc.), Commercial Litigation, 2023-2027

Community Involvement

Federal Grievance Committee, District of Connecticut, 2017-2023

Federal Merit Selection Panels, to consider reappointment of Magistrate Judges, District of Connecticut, 2023 and 2025

Connecticut Legal Services, Chair of the Board, 2024-Present; Board of Directors, 2014-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, Regional Director, 2023-Present; Member 2010-Present

Day Pitney Pro Bono Committee, Chair, 2010-2013

Insights

Federal Contractors and Other Recipients of Federal Government Funds, Be Wary: DEI Initiatives May Lead to Liability Under the False Claims Act
Day Pitney Alert, May 30, 2025

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

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

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

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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

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January 3, 2017

White Collar Roundup - December 2016
December 5, 2016

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September 6, 2016

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August 2, 2016

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July 7, 2016

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June 6, 2016

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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

News

Day Pitney Recognized in 2026 Legal 500 US City Elite Guide
Day Pitney Press Release, February 25, 2026

In The Media

Parade of Corporate Horribles 2022: Ethically Investigating Problems Around Every Corner
Association of Corporate Counsel, September 28, 2022

Editor, "White Collar Roundup," Day Pitney Newsletter
periodically through 2023

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

Is Attorney Client Privilege Dead?
October 30, 2019

FCPA: Essentials and Ethics of Necessary Investigation
PLAC, March 6, 2019

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

Ask the Enforcers: The Most Significant Enforcement Trends and Greatest Risks in Global Commerce Today
WESFACCA, October 29, 2015

Updates on the Foreign Corrupt Practices Act
Insurance Compliance Best Practices Meeting, November 19, 2012

The Bribery Act: Dramatic Change in Anti-Corruption Law
Insurance Compliance Best Practices Meeting, March 25, 2011

Judge Shea Joins the District of Connecticut Bench
Federal Bar Council Quarterly, Sept./Oct./Nov. 2013

From Multi-National Corporations to Closely-Held Companies: What Every Business Lawyer Should Know
American Bar Association Business Law Section Meeting, April, 2013

Mitigating Risks: The U.S. Foreign Corrupt Practices Act and the UK Bribery Act
Globalaw Americas Regional Meeting, March 5, 2011