

Trevor Jason "TJ" Helm

August 7, 1983 ~ August 4, 2024

Trevor, our beloved Lionheart, was born on August 7th, 1983, in Cairns, Australia, and passed away August 4th, 2024 at his home in South Jordan, Utah at the age of 40. From a young age, his mind was a blazing beacon of curiosity and intelligence, always seeking to unravel the mysteries of the world. Growing up in diverse corners of the globe, including Australia, Tonga, and Puerto Rico, sparked his inquisitive nature where his love for adventure began.

Trevor’s athletic skills were evident from early on; he excelled in football with a fierce determination that surpassed his size. Despite the odds, he stood tall as a remarkable outside linebacker, embodying a spirit of determination, resilience and grit.

His childhood was marked by a vibrant imagination. He was a legendary Dungeon Master, stretching time and space he led his friends and family through epic orc-slaying and dwarf saving campaigns. Trevor loved music, dancing, and singing, with a particular fondness for punk rock. His beautiful voice could often be heard belting out tunes from Les Miserables, and the song, “Go The Distance.” His enthusiasm for punk rock and live music was infectious.

Trevor's interests were as diverse as they were passionate. He loved rockhounding, boating, and camping, always seeking new adventures and the thrill of the great outdoors. He had a deep connection to the earth and its mysteries, which he explored with unbridled enthusiasm. His intelligence was equally remarkable, fueling his passion for debate and his love for complex subjects. His love for reading was undeniable; and his comprehension was equally as impressive. Trevor could read a book a day and remember every little detail that he read and even what page the information could be found. We often said that he had a photographic memory. He loved the Book of Mormon and the Bible and read them both from cover to cover several times. He had a testimony of both of these books and because of his photographic memory could tell you all about them.

Trevor’s career path reflected his remarkable skills and personality. He earned his GED and pursued college classes, ultimately earning a real estate license. His work in sales at Auto Auctions of America, and in HVAC Equipment Sales showcased his exceptional ability in customer relations. He had a knack for understanding and meeting others needs.

Trevor dearly loved his family and his daughter Paige was his pride and joy. His bond with his parents was particularly special, as he worked alongside them on various projects around the farm, from painting the barn, building fences, digging ditches, and landscaping the property. He faced every task with an obsessive work ethic and every challenge without blinking once.

He was also an avid animal lover and a natural at horseback riding. His deep love extended to his nieces,

nephews, and his daughter, Paige.

Trevor was a protector at heart. He faced many challenges in his life with courage. For this reason his mother gave him the nickname of “Lionheart.” He was always standing up for the underdog and ready to help anyone in need. Those who knew Trevor knew that he had many health challenges, which he faced with courage and stamina. No matter how many times this world knocked him down, he never stopped getting back up, and lifting others around him. His compassion and generosity knew no bounds, and he lived his life with a heart full of love and a spirit of adventure. His memory will forever be cherished by those who knew him, as a beacon of intelligence, kindness, and unwavering loyalty.

Trevor is survived by his father Greg R. Helm and step mother Pamela Helm; brother and wife Brandt and Sheri Helm; brother Jared Helm; sister and husband Jessica and Jeremy Skidmore; sister and husband Rebecca and Joe Stagg; sister and husband Amber and JP Giles; and daughter Logan Paige Helm.

Trevor was preceded in death by his mother Julie G. Helm.

Funeral services will be held a 11AM on Tuesday, August 13, 2024 at the Sandy Utah Crescent Stake Center, 10945 South 1700 East in Sandy, Utah. A viewing will be held Monday evening, August 12, 2024 from 6-8PM at Larkin Sunset Gardens Mortuary, 1950 East Dimple Dell Road in Sandy, Utah as well as Tuesday prior to the services beginning at 10AM. Interment will follow at Larkin Sunset Gardens Cemetery.

Funeral services will be streamed via Zoom for those wishing to attend virtually. To watch the previously held funeral services, please click the "Watch Services" link above.