

FIRST TRUST MLP & ENERGY INCOME FUND

Form 8-K

February 25, 2019

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 20549

FORM 8-K

CURRENT REPORT

Pursuant to Section 13 or 15(d) of the Securities Exchange Act of 1934

Date of report (Date of earliest event reported) February 25, 2019

First Trust MLP and Energy Income Fund
(Exact Name of Registrant as Specified in its Charter)

Massachusetts
(State or Other Jurisdiction of Incorporation) 811-22738
(Commission File Number) 35-2455887
(IRS Employer Identification No.)

10 Westport Road
Suite C101a
Wilton, Connecticut
(Address of Principal Executive Offices) 06897
(Zip Code)

Registrant's telephone number, including area code (630) 765-8000

(Former Name or Former Address, if Changed Since Last Report.)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions (see General Instruction A.2. below):

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

Item 7.01 Regulation FD Disclosure.

First Trust MLP and Energy Income Fund (the "Fund") is filing herewith a press release issued on February 25, 2019, as Exhibit 99.1. The press release was issued by First Trust Advisors L.P. to report that on February 27, 2019, Energy Income Partners, LLC, investment sub-advisor for the Fund, will release an update on the market and the Fund. Details regarding the update are contained in the press release included herein.

Item 9.01 Financial Statements and Exhibits.

(d) Exhibits

Exhibit Number	Description
99.1	Press release of First Trust Advisors L.P. dated February 25, 2019.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: February 25, 2019 FIRST TRUST MLP AND ENERGY INCOME FUND

By: /s/ W. Scott Jardine

Name: W. Scott Jardine
Title: Secretary

EXHIBIT INDEX

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