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FIRST TRUST MLP & ENERGY INCOME FUND

Form 8-K

December 16, 2013

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) December 16, 2013

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

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

120 East Liberty Drive, Suite 400
Wheaton, Illinois 60187
(Address of Principal Executive Offices) (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))

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|_ | 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 December 16, 2013, as Exhibit 99.1. The press release was issued by First Trust Advisors L.P. to report that on December 18, 2013, the Fund will host a conference call with Energy Income Partners, LLC, the Fund's investment sub-advisor. The purpose of the call is to hear the Fund's portfolio management team provide an update for the Fund. Details regarding the conference call 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 December 16, 2013.

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: December 16, 2013

FIRST TRUST MLP AND ENERGY INCOME FUND

By: /s/ W. Scott Jardine

Name: W. Scott Jardine
Title: Secretary

EXHIBIT INDEX

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