

Reaching out

Suicide prevention starts with being Wingmen



Page 4

WING COMMAND CHIEF
PERSPECTIVE



Calling on Airmen to mitigate risks

Page 2



TACP recognized as 'outstanding' Airman

Page 5

SCOPE

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THE VOICE OF THE
QUIET PROFESSIONALS

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Wing Command Chief Perspective



By Command Chief Master Sgt. Steven Hile
Wing Command Chief

In response to the recent death of Osama bin Laden Command Chief Master Sgt. William Turner, Air Force Special Operations Command, stated, "As the news of Osama bin Laden's death raced around our community there was an overwhelming sense of pride and accomplishment, for it was the collective efforts of the enterprise that lead to mission success. In these high-stakes missions our teammates rehearse and rehearse and rehearse to get it right, to smooth out the rough edges and mitigate the inherent risk associated with these dangerous missions. Despite the peril these elite warriors faced, the team executed the mission with precision and the results are well known. Thirty-eight tense minutes on the ground going after the world's most wanted terrorist, and we bagged him without a single friendly loss. Clearly before this mission was undertaken it was analyzed inside out, backwards and forwards, dismantled and done again. The risks were assessed and mitigated to the extent possible, and even when 'Murphy's law' came calling, the mission never missed a beat. Excellence was a key component to the preparation for and execution of this incredible mission."

This mission stands as an example of excellence in all we do. Just think if we applied the same time, knowledge and effort to our everyday activities how much safer we would be?

With all the success we have achieved as a military force, some of our members

still do not take simple measures to ensure they mitigate risks in their personal lives.

As you know, when we prepare for significant missions we assess the risk, plan and practice numerous times before the execution phase. Whether it's an excellent or outstanding rating in inspections, 100 percent mission accomplishment within an AOR or an individual achievement, we are successful. We only fail when we take shortcuts. When we do this in our personal lives the price can be costly.

In a message from AFSOC last week it indicated that they lost five Airmen in tragic traffic accidents. Two of the three accidents claimed four lives because the Airmen involved neglected to wear the proper personal protective equipment or in other words, their seat belt. In each instance they were ejected from their vehicles and died. The other incident was, as written, a result of high speeds on a motorcycle. The member impacted a wall at high speeds and after a week on life support, lost his battle and passed away.

I highlight this information only to point out your personal safety requires proactive efforts. As we approach the exciting summer months it is also when we take additional risks. I ask you this summer, and always, to remember risk management equals safety. Apply what the Air Force has taught you, do it as you would when planning a mission. Study the situation before your results are irrevocable. Plan your actions and practice; test the ladder before you step on it or look for poison ivy before you walk through it. Place the same emphasis on your personal safety and apply the same rigorous steps into personal decision making as you do in your professional decision making.

Excellence is an expectation in all we do, on duty and off duty; it is the standard. We expect nothing short of precision and reliability from our Airmen at all times. Make sound decisions and mitigate risks at every turn. We are a small force that is making an incredible difference on the battlefield each and every day. Every person counts; all of you are valuable!

ON THE COVER



There are 32,000 annual suicides in the United States and it's the 11th leading cause of death. Be a Wingman and lookout for your fellow Airmen, seek help if you or someone you know is having suicidal thoughts. (Photo illustration by Tech. Sgt. Mariko Bender and Senior Airman Claire Behney).



News In Brief

EAP application released

The Pennsylvania Education Assistance Program application for the 2011 – 2012 school year has been released. This application will cover the tuition at a Pennsylvania college for fall 2011, spring 2012 and summer 2012 semesters.

Just a reminder, to use EAP, you must have or have done a six-year enlistment, be a resident of Pennsylvania and be enrolled at a college in Pennsylvania. The Retention Office will be conducting mass briefings for all to come and complete their applications. Air Station 2: Sunday, 10:30 a.m. in Shambach Hall and Air Station 3: Sunday, 9 a.m. in the LRS Classroom.

If you are unable to attend one of the mass briefings, please stop by the Retention Office in building 81 or see Tech. Sgt. Christine Inch at Air Station 2 in the Headquarters Regional Support Group building. All applications are due by June 30.

NCO Leadership Seminar scheduled

The Non-Commissioned Officer Leadership Management Seminar will be held June 23 through 26 at the 201st RED HORSE Squadron, Fort Indiantown Gap.

The registration form can be found on the 193rd SOW portal pages under the topic "Education and Retention." Return e-mail registration to Wayne Isett at wayne.isett.ctr@ang.af.mil, or mail to 193 MSG/IM, 81 Constellation Court, Middletown, Pa. 17057-5086.

Rooms are available at the Air National Guard Schoolhouse lodging facility. You cannot utilize a motel room unless there are no rooms left at the Schoolhouse. You will be billeted two to a room. Room reservation can be made by e-mailing ang.school.reots.omb@ang.af.mil.

Questions about orders, lodging and pay should be addressed by your squadron orderly room or Tech. Sgt. Pamela Nee at pamelane.nee@ang.af.mil. If you have any other questions please contact retired Chief Master Sgt. Wayne Isett at wayne.isett.ctr@ang.af.mil.



Promotions

For the month of April

Promoted to Chief Master Sergeant

Raymond E. Lavalley 193 SOS

Promoted to Master Sergeant

Scott E. Kramer 193 CES

Edward J. Maurice 193 OG

Promoted to Technical Sergeant

Richard T. Church 193 SOS

Dustin S. Sinkkanen 193 MXS

Promoted to Staff Sergeant

Derick J. Rhinehart 193 CS

Richard D. Brown 193 AMXS

Bryan R. Long 201 RHS

Brett A. Rainey 148 ASOS

Matthew D. Brittain 148 ASOS

Promoted to Senior Airman

Nicholas A. Fowler 193 CS

Donald A. Rupert Jr. 193 MXS

Vanessa Escobar 193 MXS

Ethan O. Carl 193 AMXS

Adam C. Walker 193 AMXS

Promoted to Airman First Class

Kathleen A. Schmitt 193 LRS

Congratulations!



Human outreach key to saving Airmen's lives

Story by Senior Airman Claire Behney

Public Affairs Specialist


Suicide affects us all. It is a killer on the home front, taking the lives of servicemembers. Stepping up as Wingmen and taking action is crucial if you notice a change in a fellow Airmen or yourself – it could save a life.

More Airmen have lost their lives to suicide than combat at a rate of seven to one since the beginning of Operation Iraqi Freedom and Operation Enduring Freedom, according to the Wingman Project's Web site. With suicide rates at this level, intervention and knowing what to look for play key factors in keeping Airmen alive.

"We must all take the time to care about those around us," said Chief Master Sgt. James A. Roy, Chief Master Sgt. of the Air Force, in a recent commentary. "That's what good Wingmen do, and that's what our Air Force needs."

Caring about those around us allows suicidal red flags to be detected and the warning signs are there, said Capt. Mark Brumbach, 193rd Special Operations Wing chaplain.

"If you see a red flag express concern then most importantly, listen," said Captain Brumbach. "Don't be afraid to ask the question: are you thinking about killing yourself?"



WINGMAN PROJECT

ASK	Ask directly: "Are you thinking of killing yourself?"
CARE	Intervene. Control the situation. Use active listening. Remove the means to do self-injury.
ESCORT	Get them to a primary care provider, chaplain or other healthcare professional.

ACE Complements ANG's ASIST

Warning signs come in several forms. There could be a change in a person's attitude and a noticeable depression; someone could have experienced a traumatic situation; they express verbal warnings and there are also multiple behavioral warnings, like giving away personal possessions or having an obsession with death.

"Relationship pressures, a person's area of occupation and behavioral health are the three main factors we see that cause stresses that lead to suicidal thoughts," said Captain Brumbach. "But, suicide is a permanent solution to a temporary problem."

Knowing how to help is imperative and early intervention is the key. If a warning sign is detected immediate action needs to occur. Encourage the person to talk about the situation and ways to change the situation. Assist the person in seeking help, the resources are out there.

"Some resources available are the Military One Source's 800 number, the hospital's emergency room is an option for an acute case or seek out the base Chaplain, spiritual advisors are always available to help and direct you," said Captain Brumbach.

The only thing that will save a human life is a human relationship, so step up as a Wingman.

"We need to be good Wingmen for others, and also need to develop and maintain trusted relationships and friendships where we can talk openly and honestly about things happening in our own lives," said Chief Roy. "We need to feel comfortable exchanging ideas, views and experiences with those who are closest to us. There is always someone available for you."

Military One Source's telephone number:
1-800-273-TALK (8255)

Air Force's suicide prevention Web site:
<http://www.af.mil/suicideprevention.asp>

The Wingman Project's Web site:
<http://www.wingmanproject.org>

Chief Master Sgt. James A. Roy's commentary on af.mil:
<http://www.af.mil/news/story.asp?id=123229021>

101 Critical Days of Suicide Prevention

April kicked off the Air National Guard's 101 Critical Days of Suicide Prevention. Within the 193rd, all Airmen are charged with serving as our "Wingman's keeper." In doing so, keep the following in mind:

- A majority of the suicides were carried out by National Guard members who have not yet deployed
- There is no evidence to suggest that NG suicide rates coincide with the Overseas Contingency Operations.
- Everyone needs to be involved in suicide prevention; "never leave a fallen comrade."
- The NG, and 193rd alike, is aggressively expanding the scope of their suicide prevention program to include a focus on resilience and risk reduction.
- The Yellow Ribbon Program provides services to Guard members and Family members to cope with associated stress before, during and after deployment.
- The NG seeks to maintain and improve the behavioral health and general well-being of its members through chaplain support, family support, employment assistance, advocacy, counseling, and mandatory training.
- The chaplains' policy of absolute confidentiality encourages help-seeking behavior from a ready resource available within the member's own unit.
- Chaplains provide countless interventions to prevent self-destructive behavior both during and prior to a crisis.



TACP recognized as 'outstanding' Airman

Story by Senior Airman Claire Behney

Public Affairs Specialist

The Air Force core values are more than *just* standards taught to trainees as they step foot on Lackland Air Force Base, Texas. Integrity, service and excellence are the values that remind Airmen how to serve as members of the world's greatest airpower. They're values that many Airmen implement in their service, but few get the recognition.

As Staff Sgt. John C. Norris, Etters, Pa., resident rounded out his most recent deployment in Afghanistan he learned his exemplifiable efforts had been recognized as he received notification that he was selected as the 193rd Special Operations Wing's Outstanding Airman of the Year for non-commissioned officer. Following his Wing level award, Norris went on to win at the Air National Guard level as the NCO Outstanding Airman of the Year; a testament to the deep-rooted values he exhibits in his ANG career as a member of the 148th Air Support Operations Squadron as tactical air control party Airman.



Staff Sgt. John Norris, 148th Air Support Operations Squadron TACP, works alongside Soldiers of the 101st Airborne Division during his deployment to the Kunar province, Afghanistan in late 2010. TACPs work shoulder to shoulder with Soldiers to provide close air support. (Photo archive of public affairs office).

"Staff Sergeant Norris is an exceptional, combat-hardened NCO, JTAC (joint terminal attack controller) and citizen battlefield Airman," said Lt. Col. Terrence Koudelka, commander, 148th ASOS. "He is truly deserving of this recognition and I'm extremely proud of his accomplishments and achievements this past year while serving in Afghanistan."

Sergeant Norris' has accumulated an extensive list of accomplishments during his nine-month tour in the Kunar province of Afghanistan, from March to December 2010. During this tour he served with the 101st Airborne Division, Company A, 2nd Battalion, 327 Infantry Regiment, Task Force No Slack.

While deployed with Task Force No Slack, Sergeant Norris coordinated and controlled 120 close air support taskings as a JTAC and conducted more than 100 combat patrols, for which he was awarded the Army Commendation medal with a valor device. The 27-year-old is also credited for the capture of one high value target and the execution of another.

"As a JTAC, he has operated at the tip of the spear, shoulder-to-shoulder with United States Army infantrymen," said Colonel Koudelka. "His performance in combat, under enemy fire, was undeniably stellar and valorous."

Sergeant Norris' stellar performances during his recent deployment have afforded him a nomination for the Bronze Star, with a valor device, for which his Army commanding officer at the time selected him for.

His nomination for the Bronze Star follows great actions of service and merit during his deployment.

Sergeant Norris boldly charged into enemy fire to rescue two wounded and isolated Soldiers during an enemy ambush. He was able to order an evacuation of the two injured Soldiers while simultaneously directing fire from two Apache helicopters, who silenced the enemy; controlling multiple air assets; directing close air support; and firing his personal weapons.

"It was very hectic; I can't tell much about how I was feeling because when your fight or flight takes over the memory part of your brain shuts off," said Norris. "I do remember running with a skedco [medical equipment] and seeing bullets impact the ground around me."

Modestly, Norris chalks this up as part of his traditional role as a TACP.

So while his military resume details many more of his accomplishments and leadership roles, it's most recent documentation will be for his achievement as the Air National Guard's NCO Outstanding Airman of the Year.

"I am very honored to be selected and to represent the 148 ASOS and the ANG," said Norris. "I couldn't have achieved this without all of the excellent training and teamwork of the 'One Four Great' and of course, I can't forget the soldiers of Alpha Company, Task Force No Slack, whom I served with in Afghanistan."

Sergeant Norris has now moved on to compete for the NCO Outstanding Airman of the Year at the Air Force level, selections will be announced late June.



Chief: This American dream lives inside us



Story by CMSgt. George R. Flick

201st RED HORSE Squadron

During my last deployment, I served with Col. Douglas Tucker of the 823rd RED HORSE, Tyndall Air Force Base, Fla. When someone would greet him in the morning his normal response would be, "Living the dream." His response put a positive twist to the day. It seemed like a

subliminal message and it was kind of infectious.

So, what does it mean, living the dream? It will have a different meaning to each of us as we will each have a dream in our mind. Thankfully, our forefathers also had dreams. They had dreams of a new life, a new start in a new world and a dream of freedom. Many generations have benefited from their dreams.

We as Americans have many freedoms from which to choose. What church to attend or not to attend if we so choose, what job we would like, where we would like to live or what school we would like to attend. We even have the choice to serve or not to serve. For me I feel that it's a privilege to serve our country. To be part of what makes us great, what we are, who we are and how we got to this point.

Many of us have been deployed to parts of the world that don't enjoy many of the privileges that some Americans take for granted. I've seen the look of envy on their faces. I've had them ask me about America. What we have and what we are part of is only a dream to some.

While deployed to Kyrgyzstan in 2002

I had the opportunity to hear Gen. Tommy Franks speak. One of the things he said has really stuck with me. He said, "Living in the United States you can be anything you want to be. The only thing holding you back is you."

This is such a true statement. I truly believe that we, as Americans, are blessed just to be born here. For many people living in third world countries, their dream is to just make it through another day, to have a job, earn enough money to buy necessities and to be able feed their family.

Memorial Day will be here soon and for some it will be just another holiday, a day off work. For those of us wearing the uniform it is something quite different. We need to take time to remember our brothers and sisters in arms that have paid the ultimate sacrifice, for their sacrifices have made our dreams possible.

On Memorial Day take a few minutes to explain to our children and grandchildren of the sacrifices of those before us. We must protect and preserve what we have, our way of life, this dream. This American Dream lives inside of us and must be passed on, as living the dream.



Maj. Gen. Wesley Craig sworn-in as 51st Adjutant General

Maj. Gen. Wesley E. Craig was sworn-in as the 51st Adjutant General of Pennsylvania May 12, at Fort Indiantown Gap, Annville, Pa. Secretary of the Commonwealth Carol Aichele administered the oath of office. To see a video of the swearing-in ceremony : <http://www.youtube.com/watch?v=hoQHccEbJhs>. (Photo by Army Sgt. Matt Jones).



Honor Guard represents Wing at Special Olympics

193rd Special Operations Wing's Honor Guard members, Senior Master Sgt. James Spring, Staff Sgt. Scott Reigle, Tech. Sgt. Chris Tritch and Senior Airman Edward McAnany present colors during the National Anthem at the opening ceremony of 42nd Annual Special Olympics Area Games held at Messiah College, Grantham, Pa., Thursday, April 14. (Photo by Tech. Sgt. Mariko Bender, Air Force).



Sounding Off

What you need to know to keep you flying...

Cyberspace operations officer opening

The 211th Engineering Installation Squadron is looking for the best and brightest who have the skill and dedication to become a traditional Guard cyberspace operations officer.

Qualified individuals should submit their application package electronically to michael.stateler@ang.af.mil, no later than June 1. The application package must include a cover letter, resume, college transcripts, AFOQT scores, three letters of recommendations and if applicable, DD 214, NGB 22 and OPR's/EPR's from the past five years. Incomplete packages will not be considered

Boards will be held June 11 and 12.

All questions should be directed to Maj. Michael Stateler at 717-861-1241 or michael.stateler@ang.af.mil.

First sergeant position opening

Security Forces has an immediate opening for a first sergeant. Applicants must be present for the board, which is scheduled to be held on June 10.

Applicants must submit packages IAW 193 SOW OI 26-2104, to Master Sgt. Panzar no later than the end of the May UTA.

WSO position opening

The 193rd Special Operations Wing is looking for the Pennsylvania Air Guard's best and brightest who possess a passion to fly to apply for a current vacancy as a weapon systems officer.

Application boards will be held on October drill and complete packages are due no later than Sept. 30. Packages must include a cover letter, resume, official college transcripts, a copy of most recent physical, AFOQT scores, AF FM 24, a minimum of three letters of recommendation and if applicable, a copy of private pilot license, DD 214, NGB 22 and all OPR's/EPR's.

Send packages to 193rd SOS/DOOW, WSO Recruiting: Capt. Kathleen Pearson 76 Constellation Court Middletown, PA 17057.

Don't wait until the last minute; schedule your AFOQT now and get your application in today!

For additional information stop by the WSO section or contact Capt. Kathy Pearson, 193rd WSO section supervisor 717-948-2473 or kathleen.pearson@ang.af.mil

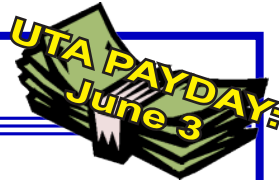
112th AOS Comm Flight officer opening

The 112th Air Operations Squadron Communications Flight, State College, is looking for those who have the desire, skill and motivation to become a traditional Guard cyberspace officer, Air Force Specialty Code 17D. For individuals qualified for commissioning as a 17D, boards will held July 16.

Complete packages are due no later than July 1 and must include a cover letter, resume, college transcripts, AFOQT scores, a minimum of three letters of recommendation, and if applicable DD 214, NGB 22 and all OPR's/EPR's within the past five years. Send packages electronically to Capt. David Simmon at david.simmon@ang.af.mil.

Any questions can be directed to Captain Simmon at 814-235-5151, DSN 491-5151 or david.simmon@ang.af.mil.

What's on the Menu



Constellation Cafe

Hours of operation 11:30 a.m. to 1:00 p.m.

SATURDAY

Main Line:

Chicken teriyaki

Veal parmesan

Filipino rice

Potatoes, parsley buttered

Succotash

Green beans

Snack Line:

Toasted cheese with tomato

Burgers

Baked beans

Tator tots

Clancy's:

Tuna wrap

Toasted cheese with tomato

Chips

SUNDAY

Main Line:

Sweet and sour pork

Chicken teriyaki

Steamed rice

Cauliflower

Corn

Snack Line:

Tuna salad sandwich

Burgers

Baked beans

Tator tots

Clancy's:

Turkey/cheese wrap

Tuna salad sandwich

Chips

Need space for a working lunch?

The atrium is now available for working lunches and can accommodate up to 24 people. Call extension 2456 to reserve this space 48 hours in advance.

Have a story to tell, announcement or job vacancy?

Contact the public affairs office.

All Scope submissions must be received by the Sunday of the UTA prior to the desired run date.



A way out: my journey from the brink of suicide

Commentary by Maj. Karry Gladden

Air Force Network Integration Center

I recently celebrated two important anniversaries. On Jan. 30, 2010, I decided when and how I was going to end my life.

It is important to know that I got to the brink of suicide the same way most people do, a series of stressors in my life built up until they simply got the better of me. And although I made sure members of my family received counseling for the major life events we were all facing, I just "manned up." Through it all, I continued my duties as a flight commander and later, an executive officer.

Here are signs I ignored:

- One day, a truck veered into my lane and I made no effort to move and was disappointed when it didn't hit me.

- I was sleeping less, lying awake with racing thoughts, only falling asleep when I was exhausted.

- I wasn't eating and ironically, I gained a lot of weight.

- I went through the motions of life; I went to work because I had a responsibility to my family and the Uniform Code of Military Justice.

Jan. 31, 2010, is the other anniversary, the day I decided to live.

It was a Sunday morning during church and I realized that normal people do not stay awake at night researching how to die. At home, I took my wife aside and told her everything. I also asked her to remove our firearms from the house, not to leave me alone and take me to the emergency room or mental health first thing in the morning.

I felt better having told someone, I got up Monday morning and decided that just telling my wife was enough. I put my blues on and told her everything was going to be okay. I didn't need to go see anyone. She gave me the option of going willingly or in the back of an ambulance.

We went to mental health and I chose to admit myself. I would have been admitted either way, but believe me, self-admission is the way to go. The mental health staff was very professional and sympathetic.

Once at the hospital I realized that I had never been so embarrassed or ashamed in my life. I tried to figure out what I would

tell everyone when I got out. I quickly learned a few life lessons: there are others there just like me, not just with the same experiences, but other Airmen. Sleep is a wonderful and restorative thing. No one, my commander included, saw me as weak or "crazy." He was very supportive. He even called me, in the hospital, to congratulate me on my selection to major. (I learned I had been selected for promotion from a call on a stainless steel phone with a cord too short to be used as a noose). And military personnel stay an average of four days longer than our civilian counterparts. Why the disparity? Probably because we have a tendency to "suck it up and move on," going back to the same environment at an increased risk of relapse.

After five or six days I realized in horror that I had successfully hidden this from everyone, including my wife. I wondered how many others were going through the motions as well. We know there are others, we see the reports. How many times have we been surprised by their actions?

For those supervisors, friends, spouses and Wingmen:

- We have to embrace the Wingman culture. A Wingman is not a name and phone number on the back of a card. It is someone you know well enough to see when something is wrong, or know enough about their life and struggles to take them aside and offer to talk. If our relationship only exists Monday through Friday from 7:30 a.m. to 4:30 p.m., I'm not going to share my deepest darkest secrets with you.

- Look at your Airmen. There are signs and they are not always "giving away their stuff, experiencing financial problems, or other personality changes." I enjoy humor and laughing, an easy wall to hide behind, but I also gained 40 pounds in nine months. No one said anything.

- Beware of the curse of competency. A fine line to be sure, we can't have people backing down from stressful jobs or the tough jobs wouldn't get done. At the same time, maybe an executive officer isn't the right job for an Airman who was given a humanitarian assignment to your unit.

For those of you who are stressed, not sleeping, having racing thoughts, thinking

of harming yourself:

- Talk to someone NOW. If you are worried about confidentiality, consider that no one besides my commander and first sergeant knew.

- If you are worried about your career, consider that I came out on the promotion list in the hospital; I still have my security clearance and my branch chief position.

- Tell your leaders if you are in over your head.

- Stay active. Part of my on-going therapy is physical activity in addition to regular exercise.

- Asking for help does not show weakness, it shows courage.

I have been reflecting on the things I would have missed. I am grateful every day, for God, my loving companion, my understanding commander, a compassionate first sergeant and for the medical professionals who got me moving in the right direction.

! Suicide Warning Signs !

Seek help as soon as possible by contacting a mental health professional or by calling the National Suicide Prevention Lifeline at 1-800-273-TALK if you or someone you know exhibits any of the following signs:

- Threatening to hurt or kill oneself or talking about wanting to hurt or kill oneself
- Looking for ways to kill oneself by seeking access to firearms, pills, or other means
- Talking or writing about death or suicide
- Feeling hopeless
- Feeling rage or uncontrolled anger
- Acting reckless or engaging in risky activities - seemingly without thinking
- Feeling trapped - like there's no way out
- Increasing alcohol or drug use
- Withdrawing from friends, family, work and society
- Feeling anxious, agitated, or unable to sleep or sleeping all the time
- Experiencing dramatic mood changes
- Seeing no reason for living or having no sense of purpose in life